

THE PORTUGAL
News



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First case of 'swine flu' confirmed in Portugal as virus scare wanes

Earlier this week the first case of 'swine flu', or influenza A (H1N1) infection as the World Health Organisation is now calling it, in Portugal was confirmed as government officials debated a void in national legislation which prevents medical authorities from prescribing compulsory quarantine for such cases.

A 30-year-old woman who had recently returned from Mexico became the first known case of influenza A (H1N1) in this country, as confirmed on Monday by Health Minister Ana Jorge.

During a news conference Minister Jorge said "there is no risk of contagion". She explained that the patient was under quarantine at home and her family and travelling companions had been identified and were under observation.

However, this has brought to light a void in Portuguese legislation that prevents doctors from imposing compulsory quarantine on a patient as a preventative measure.

By law, compulsory confinement is seen as an exceptional measure despite having been included in the National Contingency Plan for Flu Pandemics and therefore entailing the need for revision.

April temperatures below normal

Average air temperatures in April this year were the third lowest on record since 1931, according to the Portuguese Meteorological Institute (IM), meaning last month was the third coldest in nearly 80 years.

When compared to April temperatures from 1972 to 2000, last month's minimums were one degree and a half below previous averages.

Comparisons are made based on monthly temperature averages from 1972 to 2000, a period that is used as a standard rule of reference.

Last month minimum temperatures plummeted to 6.6 degrees, while maximum and average temperatures were also lower by 0.6 and 1.1 degrees Celsius respectively.

Average rainfall was also inferior last month than in other months during the aforementioned period of reference, classifying the month as 'normal to dry', throughout all of mainland Portugal.

A report by the IM predicted the above-average dryness may continue during upcoming months.

On the Island of Madeira it was calculated maximum, minimum and average air temperatures were all higher than the 1971-2000 average by 1.1 degree.

In the Azores they were also found to be slightly higher.



A Portuguese tourist at Lisbon Airport on Tuesday after arriving on a charter flight from Cancún, Mexico. (Photo: Lusa / Miguel A. Lopes)

A proposition tackling the void has been submitted to Parliament. A general debate regarding a change to the 60-year-old law has been scheduled for May 14th, though no date for a vote or for its implementation has as yet been set.

According to legal experts, a revision of this law could stir up conflict regarding human rights, as the right to good health could interfere with the right to freedom of circulation and the right to work.

A health delegate for Lisbon

airport, Maria João Martins, also reconfirmed "there is no involuntary quarantine in Portuguese law".

Nevertheless, the Contingency Plan for Flu Epidemics, which was drawn up in 2006 and twice altered to accommodate possible consequences of the Bird Flu outbreak, stipulates "the creation of a law that allows compulsive rules for public whenever public wellbeing cannot be ensured by other means".

It foresees the "isolation, voluntary or compulsory, of all suspected or confirmed cases and the quarantine of those who have been in contact with these cases".

This could be applied in Portugal, but currently only in extreme cases.

However an insurance firm that had sent 60 of its employees on a trip to Mexico took it upon itself to "exempt" the group upon their return on Tuesday and encouraged them to stay at home until the 12th of this month through fears one of them may be carrying the virus.

Jorge Gama, of Mapfre insurers, said the company had taken action as a precautionary measure and for the normal incubation period of the virus.

The group of employees were among 357 Portuguese tourists that returned to Lisbon on Tuesday on two flights from Cancun - the last charters organised by Portuguese travel agencies which have suspended Mexican trips over influenza A (H1N1) fears. Lisbon airport medical officials who assessed passengers onboard the aircraft before disembarking said none of the travellers showed signs of influenza A (H1N1).

Meanwhile, the director-general of Portugal's National Health Board has said "there are no reasons for citizens to use masks", and has assured that "should that be necessary, we will indicate which masks are most appropriate".

Concept changing for elderly homes in Portugal

The concept of retirement homes in Portugal is changing, with a recent surge in luxury residential developments for the more affluent aged.

Many of these developments boast sea views, winter gardens, heated swimming pools, and all the five-star luxury one would expect of a leading hotel.

However, this is complemented by 24-hour, on-hand care, and the clientele are all of mature ages, contradicting a previous notion of old age people's homes in this country, often found in dilapidated buildings and makeshift set-ups.

On the Marginal which links Lisbon to Cascais, in Parede, a three-story building which is home to 105 elderly people promises to "bring life to the years". It boasts large, open-plan rooms, sumptuous furnishings and a light, bright interior décor. No detail or whim is overlooked.

Rooms are largely left empty so residents can bring their own furniture with them and decorate with per-

sonal belongings.

It belies a general idea amongst those in 'transitional stages' that retirement homes are for the sick or bedridden.

Filipe Loureiro, delegate-administrator of the José de Mello Residencies and Services Group - which has three such units in Lisbon - confirmed that "this is a market which is clearly growing. I have no doubt whatsoever that it is a concept of the future and more solutions are beginning to appear that replicate this model".

All three of the José de Mello Group's units, where minimum monthly costs range between €2,000 and €3,000 depending on the level of care needed, are around 80 percent full, and therefore "complying with expectations". Other similar set-ups throughout Portugal are also recording successful occupation rates.

Madeleine documentary sparks renewed interest



The disappearance of British toddler Madeleine McCann made headlines again this week following the showing of a documentary by Channel 4 on Thursday evening.

The 'Cutting Edge' documentary, produced by Mentorn Media on behalf of Channel 4, gave an insight into how Kate and Gerry McCann have dealt with the disappearance of their daughter and how they have tried to create a normal life for the sake of Madeleine's brother and sister, four-year-old twins Sean and Amelie.

With the search now shelved by the Portuguese police - and no officers in Portugal or the UK dedicated to the case - the investigators (former police officers from the UK) spoke about their interest in a series of what they term "important sightings" in and around the Ocean Club complex, Praia da Luz, in the days leading up to May 3rd 2007, when Madeleine was reported as missing.

The documentary reconstructed events surrounding Madeleine's disappearance using actors and based on testimony given to the Portuguese police as part of their investigations.

Clarence Mitchell, spokesman for the McCann family, told **The Portugal News** on Thursday that the recent television appearances and this latest documentary has generated enormous

interest, with "Hundreds of calls being recorded, along with thousands of visits to the Find Madeleine website". He added note has been made of "a number of possible sightings", admitting though "this is normal whenever there is renewed interest in the case."

In a related development, **The Portugal News** understands that the documentary will be shown in Portugal on Monday evening by private television station Sic. This came despite a tacit agreement having been made with rival channel TVI by producers.

But a decision by TVI to finance and show a documentary based on the book by former Portuguese PJ detective Gonçalo Amaral, pointing a finger of guilt to the parents of Madeleine McCann appears to have upset Kate and Gerry, leading to the rights for the show being negotiated with Sic.

The TVI documentary, which was also distributed by a national newspaper as a DVD last week, shows Amaral talking to viewers through the broadcast, repeating opinions stated in his book.

The Truth of the Lie, which was published last year, has not yet been printed in English, and

anyone who decides to do so has been threatened with certain legal action.

To date, no lawsuits have been filed against Gonçalo Amaral either in Portugal or in Britain.

Last October, in the first interview granted by Amaral to an English-language publication, he told **The Portugal News** that he was actually hopeful legal action is taken against him.

"My book is based on facts. It could be a good occasion to take all the case files to court and compare what I wrote with that which is contained in the files", he said.

Other legal action pending regarding the case includes one by workers who have been sacked at the Ocean Club resort who have confirmed they were seeking the services of a labour lawyer.

Their intention, according to the *Correio da Manhã*, is to file for damages based on the fact that "lies told by Kate and Gerry" have destroyed the resort and as a direct consequence, resulted in their job losses.

Gonçalo Amaral has since come out in support of the proposed litigation, saying he will happily step up as a witness for the plaintiffs in their civil action against the McCanns.

Earlier this week it emerged that an agent acting on behalf of Gonçalo Amaral demanded "80,000 euros plus VAT", after an e-mail request by Channel Five to appear on British television, a proposition which was refused.

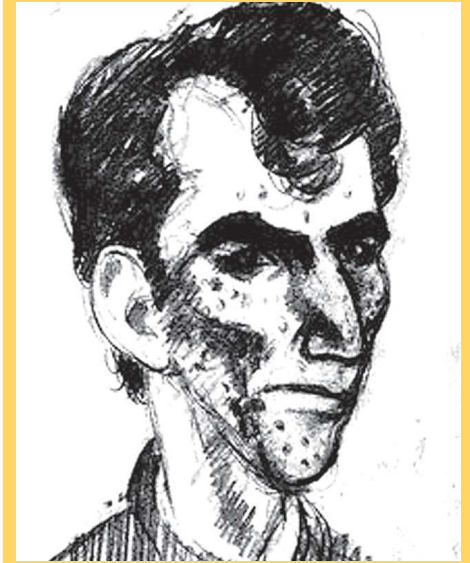
The channel had apparently also asked that no derogatory comments be made against Kate or Gerry McCann in their request.

The showing of Channel Four's 'Cutting Edge' coincided with a visit by the former detective to Paris.

Last week, Kate and Gerry McCann appeared on Oprah Winfrey in a programme that has been widely transmitted across the globe. A source close to the family told **The Portugal News** on Thursday that the couple were pleased at the results obtained from the show, highlighting the "sympathetic" nature of Oprah Winfrey.

Sources in America explained that no money changed hands for the appearance of the couple, as it is not their "policy to pay for news interviews".

Last month, Gerry McCann admitted in an interview given



Pictured is an artist's impression of what has been termed "a very ugly" man who has been identified by a number of witnesses who said they saw him watching the apartment from where Madeleine McCann was taken.

to **The Portugal News** in Praia da Luz that the Find Madeleine Fund, which has received around 2.5 million pounds since it was set up shortly after Madeleine's disappearance, is running out of financial resources.

"There's still money in it", said Mr McCann, adding: "I can't give you the exact figure, but we have spent and continue to spend a lot of money with the aim of trying to enhance the chance of finding her."

On the chances of the Fund

drying up completely he responded: "It won't dry up in the next few months, but probably by the end of the year, at the rate we are running."

He concluded that fundraising is presently being considered as an option to boost funds and thus ensure an ongoing interest in finding Madeleine.

Madeleine McCann has been missing since May 3rd 2007. She was three at the time of her disappearance and will be six next week.

Deadline extended for water equipment registry

Following a frenzied mass response to a recently-emerged law stating all private water supplies like wells, bore-holes and cesspools must obligatorily be registered, the deadline, originally May 31st, now looks as if it could be extended.

The Portugal News first reported on this situation a fortnight ago and since received floods of telephone calls and emails in response, the majority of which seeking more information or guidance.

The law itself (Decree-Law number 226A/2007, dated March 31st, 2007) was in fact officially implemented more than one year ago, though only became common knowledge in recent weeks.

It states, "All owners and tenants of properties that have water resource equipment must apply for respective usage licences by May 31st 2009".

While an extension on the deadline has not been officially confirmed, nor has its duration, recent reports, city hall employees and the ARH - Administration of Regional Hydrographs website, suggest its probability.

A Lagoa City Hall employee allegedly told one resident, who went to the establishment to legalise his borehole and cesspool, that there was a

six month extension on the deadline.

However, when The Portugal News spoke to a source at the City Hall an extension was said to have been approved though no deadline was confirmed.

According to the local Lagoa City Hall, they did not seem to be clear on exactly how to proceed with legalising private water resources.

He said the municipality's services had tried to contact the ARH - the entity responsible for reinforcing the law - though it was an unsuccessful exercise.

This seems to be a scenario that is repeating itself around the region. In some cases, people who have licenses for their equipment are being told to re-register them.

Local parishes and city halls have received more than 3,000 registry applications and every day between 70 and 80 people make their way to the ARH's headquarters in Faro.

On the ARH's website it reads "with the nearing of the

deadline there has been a great influx in the ARH and other involved entities' services, making it difficult to respond to demand and causing upset and inconveniences to those enquiring.

"Given these circumstances and taking into account that the ARH's functions have suffered delays, the prolonging of the aforementioned deadline is being deliberated so citizens can legalise their situations with the required serenity, therefore contributing to a better management of water resources and not being subject to penalizations as foreseen by law", it concluded.

Those failing to register private water supplies could face fines of between €25,000 and €2.5 million.

For more information see website: www.arh Algarve.pt or call: (+351) 289 889 000.

Alternatively, contact your local parish or city hall. Post offices may also be able to provide additional information.

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Schools go 'green' at the International Algarve Fair



While the International Algarve Fair truly is an exploding, living, breathing kaleidoscope of colours, one part of it has decided to stick to just one colour – Green! This year, for the first time ever, the International Algarve Fair is introducing 'The Green Challenge'.

As we all endeavour to do our bit for the environment – from riding bicycles to separating the rubbish and installing solar panels – the International Algarve Fair has decided to enlist the help of little geniuses from around the region to come up with innovative ways that this can be achieved.

The Green Challenge has been proposed to schools across the

Algarve, which in turn have put it to their students to use their imagination in creating all sorts of weird and wonderful projects to save the planet. Each school will be choosing a project theme, and then it's to the drawing boards!

Divided into four categories – Junior & Senior Infants, 1st & 2nd class, 3rd and 4th class, and 5th and 6th class – a prize will be given to winners from each category, with

all works being displayed in a large area at the back of the pavilion near the school's stands, under their school's banner and chosen project theme.

So as pupils brainstorm new ideas on how to reduce, reuse, repurpose, recycle and rebuild, we can't wait to see what the outcome is!

Complementing the 'Green Theme' – but much more colour-

ful than just green – is the International Algarve Fair's Arts & Crafts tent, which will be bursting with all sorts of handmade goodies, traditional fare, and rustic relishes like jewellery and soaps and a huge range of lovely knick-knacks for the home.

Another new introduction that will no doubt thrill all animal lovers visiting the fair is the dog show, which will feature obedience and grooming demonstrations and seminars on agility and obedience by a guest speaker from the internationally acclaimed 'Company of Animals'.

And last but certainly not least, visitors to the fair will have the opportunity to receive a very unique gift that will undoubtedly become a collectors item of great value – The Portugal News' special 1000th Edition gift: a hand-size embossed travel

THE Green Challenge



The big hoarding which will be found at the centre of The Green Challenge in the Pavilion.



The Portugal News Café and right, the special 1000th edition gift



hairbrush and compact mirror. All you have to do is go to the Portugal News Café in the Pavilion and the brush is yours with the purchase of a *bica* and *pastel de nata*. Every handbag, dashboard compartment and suitcase should have one, so never have there been better reasons to visit

the place where all the Algarve meets!

Make sure you visit the fair, on May 30th and 31st, and listen out for the jingle which is now being broadcast around the Algarve, learn the lyrics and sing along with us.

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Child abuse investigations unsettling for victims, says specialist



A child that is the victim of sexual abuse and whose situation reaches the authorities could have to repeat his or her experiences on average up to eight times throughout the investigation, a report this week by a forensic psychologist has revealed.



Forensic psychologist Catarina João Capela Ribeiro reached this conclusion while doing research for her Masters, which she entitled 'Justice and Children: trajectories, meaning, and the judicial process regarding child victims of sexual abuse within families'.

Of the conclusions from her research, which included statements from victims aged between eight and 12, the psy-

chologist highlighted the fact that the children may have to recount their experiences up to eight times, and this may have unsteady effects.

Regarding professionals with whom these children come into contact such as doctors, child protection committees, shelter institutions, she concluded these play a role that is "not so protective", the only exception being the PJ police, who were most complimented in statements.

One such statement read "The inspector was brilliant... She takes me everywhere in her car, and she is very cool... she is a friend who helps me with this".

UN names Portuguese expert as head for fight Violence against Children

UN Secretary-General Ban Ki-moon has named the Portuguese director of UNICEF's Innocenti Research Centre, Marta Santos Pais, as his special representative for the Violence against Children, organisation.

Marta Santos Pais, who has headed the Florence, Italy-based centre since 2001, will be headquartered in New York during her new three-year mandate.

In announcing her appoint-

ment last Friday, the UN underlined Santo Pais' "tremendous passion and firm commitment" to the cause of children and her 25 years of experience in human rights affairs and inter-governmental initiatives. *TPN/Lusa*

Architect Carrilho da Graça wins Pessoa culture prize

Architect João Luís Carrilho da Graça has been awarded Portugal's prestigious cultural Pessoa Prize for 2008, the Lusa News Agency reports.

On receiving the €60,000 prize last week from President Aníbal Cavaco Silva, Carrilho

da Graça described architecture as "a marvelous and universal" field of endeavour.

The 56-year-old architect's best known works include the Pavilion of Knowledge of the Seas in Lisbon and the theatre and auditorium in Poitiers, France.

Portuguese almost always drink when going out



A study carried out by the National Association of Alcoholic Beverages (ANEBE) has shown that seven in ten Portuguese who go out at night always drink alcoholic beverages, whilst 13.3 percent drink occasionally and 12.2 percent rarely drink.

The study, which comprises interviews with 842 people, revealed that over 63 percent try to consume little or moderately when they go out, 57 percent saying they don't drive under the influence of alcohol and 26 percent choosing to ride in the car with a driver who has not touched a drop.

The study also showed that the national population prefers wine (65.1 percent) and beer (38.7 percent) to accompany their meals, whilst beer (49.4 percent) is their favourite beverage when they go out, followed by vodka (46.6 percent) and pre-mixed drinks (43.6 percent).

A total of 80 percent of those

interviewed believe that people drink too much when going out, with 70.5 percent saying they do not like to see drunken behaviour and 62.6 percent claiming they do not need alcohol to have a good time.

The results were published on www.bebacomcabeca.pt, a site launched by ANEBE at the end of 2008, which has already had over 500,000 visitors.

ANEBE was created in September 2008 and gathers information from all major alcoholic beverage companies in Portugal, and its objective is to place psychological problems related to alcohol in the spotlight.

Shopping centres continue to mushroom

Around 18 new shopping centres have been predicted to open between 2009 and 2010 in this country, altogether covering a total area of 740 square metres, according to the data from associations related to the industry.

An annual report from the Portuguese Association for Shopping Centres (APCC), for 2008/2009, 12 shopping centres are to open this year, including the Dolce Vita Tejo, which measures 122,000 square metres and was inaugurated on May 7th.

It is the largest shopping centre in Portugal, dethroning the Colombo Shopping Centre, in Lisbon, which previously held the title by measuring 119,958 square metres and consisting 401 shops.

Three more retail parks, in Lisbon and Portimão, are to open still this year, with a fourth being opened in Setúbal, in 2010.

New shopping centres are also believed to be in the pipeline for places such as Alverca and Sintra.

All projects are expected to go ahead despite the current economic circumstances.



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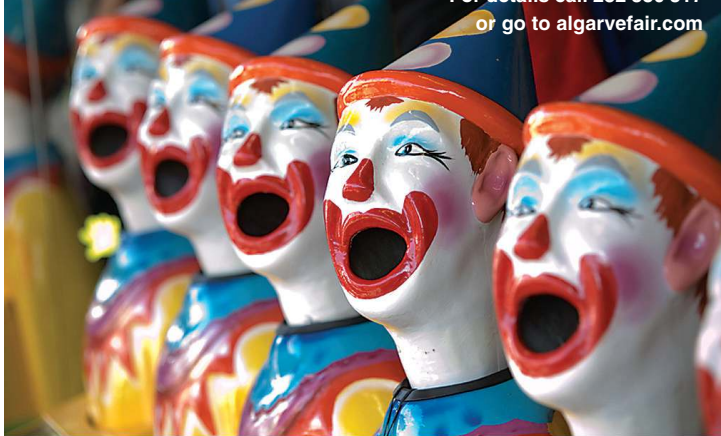
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EU forecasts higher economic contraction, unemployment



The European Commission, foreseeing a longer, deeper recession for the 27-nation bloc, this week predicted that Portugal's economy would shrink 3.7 percent this year and 0.8 percent in 2010, it revealed in a quarterly report on the state of the EU's finances and economy.

In its previous projection for Portugal in January, Brussels said it expected contractions of 1.6 percent and 0.2 percent in Portugal in 2009 and 2010, respectively.

In its spring forecast the commission said it foresaw bloc-wide contraction of 4 percent and 0.1 percent in the next two years.

The EU economy had grown by 0.8 percent in 2008.

On the jobs front, Brussels said Portugal would face unemployment of 9.1 percent this year and 9.8 percent in 2010, though lower than the 9.4 percent and 10.9 percent foreseen for the bloc as a whole.

The Commission further said in a statement that it expected the falling EU economy to stabilise as measures take effect.

However, as fiscal and monetary measures to stimulate the economy make their presence felt, growth is expected to resume before the end of next year (despite an overall growth forecast of -0.1 percent for 2010). The figures – essentially the same for the euro area and the EU as a whole – are down compared with the autumn forecast and January 2009 interim forecast.

Inflation has fallen sharply in

recent months. HICP inflation – the official measure – is expected to come in at just under one percent in the EU (0.5 percent in the euro area) for 2009, and to rise gradually to about 1.25 percent in 2010.

Employment is expected to contract by about 2.25 percent in both the EU and the euro area this year, and by a further 1.5 percent next year. Altogether, a net total of around 8.5 million jobs could be lost in the EU in 2009-10, in contrast to the 9.5 million created between 2006 and 2008.

The commission publishes economic forecasts four times a year. The comprehensive spring and autumn forecasts cover growth, inflation, employment and public budget deficits and debts for all EU members and several non-EU countries. The smaller interim forecasts – normally published in February and September – review developments since the preceding forecast for the largest economies only.

Photo above right: Prime Minister José Sócrates lays the first stone at a children's home in Pinhal Novo on Wednesday. (Photo: Lusa / Manuel de Almeida)



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In recent months EU countries have injected billions of euros into their economies to stabilise the financial system and stoke growth and this has led to concerns that countries will not have adequate cash available to look after the ever-growing elderly population.



Pensioners enjoying the park

Dealing with the ageing problem during the recession won't be easy, says Joaquín Almunia, EU commissioner for economic affairs. But he believes it can be done through well-designed policies geared towards more efficient social spending, increased productivity, better education and higher employment levels.

Above all, EU governments must reduce budget deficits once the economy rebounds, the commission says in a paper on the ageing report.

In 50 years' time, the population will be much older but only slightly larger. The median age, currently around 40, is expected to rise to about 48 because people are living longer, birth rates are low and migration is slowing down. This will mean smaller revenues from a shrinking working-age population and higher costs for pensions, healthcare and long-term care for the elderly.

The strain on public finances will be significant if the EU continues on its current course. According to the report, spending will rise by an average of 4.7% of GDP by 2060 because of the growing number of older people. By then, there will be just two people of working age (15-64) for every person over 65, instead of the current four.

The next years – the last before baby boomers begin to retire in large numbers – will be crucial. "There is still a window of opportunity," the report says.

But more reforms of pensions and other elderly support systems are needed, as well as efforts to keep older people working longer; the report notes that only about 50 percent of people are still employed at the age of 60.

Digital television launched

Portugal Telecom (PT) last Wednesday launched Digital Terrestrial Television (DTT) across Portugal to provide freeview channels, interactive services and better sound and image quality than existing analogue services.

Portugal's DTT service carries the existing four national channels and is to provide a dedicated digital fifth general interest channel.

Subscribers will have access to up to 20 national channels and between 35 and 45 regional channels.

The new DTT service will also carry a High Definition (HD) channel with content provided by all national operators.

DTT reception requires either a set-top zapper box, priced at around €50 euros, or a more advanced digital video recorder.

PT said around 20 percent of Portuguese viewers will initially have digital access.

TPN/Lusa

Hedge fund managers targetted

Hedge funds are high-risk private investment partnerships that make huge wagers on market movements and are suitable only for professional and institutional investors. At their meeting in April, leaders of the world's 20 largest economies – the Group of 20 – declared their support for clamping down on large hedge funds.

Under the proposed law, managers of hedge funds and similar 'alternative investment funds' that handle at least €500m (€100m for those using borrowed money) would have to register with regulators. They would also have to disclose information about their business, for example the extent to which they use borrowed money or financial instruments to boost potential returns.

At these thresholds, the law would cover about 30% of hedge fund managers and 90% of the assets in EU-based hedge funds. At the end of 2008, the alternative investment industry was managing about €2 trillion in assets.

For now, the draft law applies only to managers, rather than funds, because many funds are based offshore. After three years, the rules will get tougher for funds based outside the EU.

Earlier this year, the commission introduced a plan for overhauling the financial system, saying the crisis had demonstrated the need for tighter regulation and greater oversight. The general approach was endorsed by EU leaders in March.

The commission also issued recommendations on how EU nations should regulate bankers' pay. Current pay practices often encourage directors to take excessive risks.

The commission is proposing that bonuses and stock options be linked to financial performance over a period of years. It also recommends banning severance pay for executives who fail at their job and capping such pay even when they do well.

Financial institutions should be able to get their money back if the bonus was based on bogus numbers.

The commission also announced plans to help consumers make informed decisions about investing in mutual funds and insurance policies, particularly with regard to their risks and costs. Many of these "packaged investment products" have lost much of their value during the crisis, often to the surprise of investors.

All proposals, are an important part of the commission's response to the financial crisis, now they go to parliament and the council for consideration.

Portugal to fail in reaching development aid target

Portugal will not be able to meet the target of 0.51 percent of Gross National Income devoted to development aid by 2010, Lisbon's top aid official has said.

The state secretary for foreign affairs and cooperation, João Gomes Cravinho, said on Sunday that to reach that target Portugal would have to double its current aid budget of 0.27 percent of GNI, a goal he described as impossible.

"We must be realistic and, looking at the current circumstances, there's no chance of jumping from 0.27 percent to 0.51 percent from one year to the next, above all this year with the situation we are facing", Gomes Cravinho told the Lusa News Agency, referring to the global economic crisis.

The Organisation for Economic Cooperation and Development (OECD) reported last

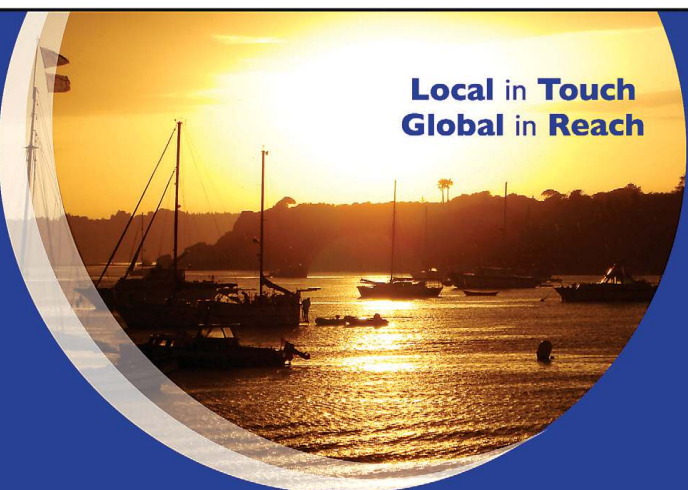
week that Portuguese development aid in 2008 had totalled €470 million, an increase of 21 percent over 2007, but still leaving Lisbon near the bottom of the body's 22 donor members.

Despite Portugal's current belt-tightening, Gomes Cravinho underlined that its aid programs to developing countries, namely Lusophone partners in Africa and Asia, had risen "significantly" since 2004 when it represented 0.20 percent of GNI.

"I can't say I'm entirely satisfied", he said, adding that Portugal's "needs to do more" which would be "good for the Portuguese economy".

In spite of the delay in meeting its international commitment regarding development aid, he said Lisbon was determined to "respect" its undertakings.

TPN/Lusa



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EU saving rate at 15 percent

In the fourth quarter of 2008, in both the euro area and the EU27, the seasonally adjusted household saving rate increased, while the household investment rate decreased.

In both zones, businesses recorded a fall in investment rates and in profit shares.

The saving rate in the euro area was 15.1 percent, while it was fixed at 12.2 percent in the enlarged European Union.

This data comes from a detailed set of quarterly European sector accounts released by Eurostat and the European Central Bank (ECB).

Rise in shoplifting predicted



Every year Portugal's shops lose an average of €150 million through 'unspecified causes', such as shoplifting, a phenomenon which a study by a UK investigation centre has predicted could worsen in coming years.

The Nottingham Retail Research Centre (CPR) has forecast that due to the current economic crisis, shoplifting and theft could rise by up to 12 per cent in a number of countries.

This has not yet been noted by shop owners in Portugal, though these have voiced concerns over safety.

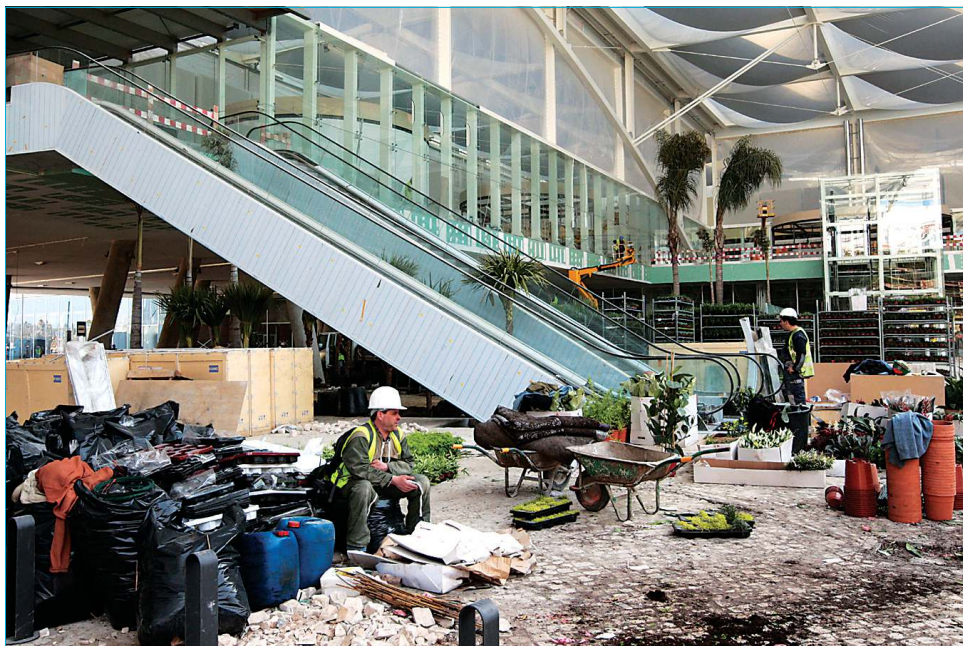
The only indication this country has, as yet, as to how much is lost on average per year due to 'unspecified causes', including thefts and calculation errors, is

based on provisional statistics for 2007, which nodded towards the €150 million figure.

The study also indicates that clients are responsible for 48.8 per cent of all thefts that contribute to depreciation in profit in Portuguese commerce.

Enquiries that were carried out by the CPR out throughout Europe and Northern America showed that, in December, shoplifting had risen in general between four and nine per cent.

Joshua Bamfield, director of



The finishing touches are put to the Dolce Vita Commercial Centre in Odivelas on May 1st. (Photo: Lusa / Manuel de Almeida)

EU bans DMF in consumer products

The biocide dimethyl fumarate (DMF) has caused severe allergic reactions, including skin itching, irritation, redness, burns and, in some cases, acute respiratory difficulties, in hundreds of consumers in the EU because of its use in imported every day consumer products such as couches and shoes. There has even been one case of a soft toy for small children.

On May 1, a European Commission Decision came into force to ensure that no consumer product containing the strongly sensitising DMF is placed on the market in the EU. If already on the market, these products will have to be recalled and withdrawn without delay, and consumers will have to be informed about the serious risk.

The Commission Decision is an EU wide emergency measure, pending the adoption of a more permanent regulatory solution.

DMF is used by producers as a biocide to kill moulds that may cause products such as furniture or shoes to deteriorate during stor-

age or transportation in a humid climate. Placed in "Desiccant" sachets inside the furniture or footwear boxes, DMF evaporates and impregnates the product, protecting it from moulds. However, it has been found to seriously affect consumers who were in contact with the products. DMF penetrated through the clothes onto the skin of consumers where it caused painful dermatitis. The fact that in serious cases the dermatitis is particularly difficult to treat adds to the damage.

DMF is not legally available for use in the manufacture of goods in the EU, since biocidal products containing DMF are not authorised under the Biocides Directive.

However, manufacturers outside the EU may use these unauthorised biocides and then export their products to the EU if they cause no risks.

The decision therefore protects EU consumers from the risk of DMF in imported products in the same way as they are protected at home.

CPR, said "our belief is that retail crime could rise by around 12 percent in the majority of countries, including Portugal, and that people are mainly shoplifting necessary primary goods".

Contacted by the Lusa News Agency, both the GNR and PSP

police said they did not have isolated figures relating to shoplifting.

The Portuguese Shopping Centre Association (APCC) has said that the situation remains "perfectly normal" while the Union for Commerce and Ser-

vice Associations (UACS) said it had also not received any complaints, but has noticed a rise in concern for safety.

"There is concern regarding dangers that come from the exterior, like hold-ups, thefts, because that is what a crisis entails

and police cannot be everywhere", Vasco de Mello, president of UACS, said.

According to António Sampaio de Mattos, head of APCC: "there will always be thefts as long as there are thieves and opportunities".

Lisbon setting up fund to back businesses in Mozambique

Portugal will launch a fund next June to provide low-interest credits for companies operating in Mozambique in areas linked to Portuguese cooperation projects in the southern African nation, Lisbon's state secretary for foreign affairs and cooperation announced last week.

João Gomes Cravinho, speaking at a seminar on sustainable development, said the planned \$9 million, or €6.8 million, fund would leverage between \$80 million and \$90 million in investments in the former Portuguese colony, primarily in the northern region near Mozambique Island.

Gomes Cravinho said the fund, to be launched in the second half of June, would be managed through Lisbon's official aid agency IPAD.

He told the Lisbon seminar that Portuguese developmental aid should increasingly "revolve" around the internationalisation of Portuguese businesses, while maintaining a focus on the Millennium Development goals, UN targets centred on eradicating extreme poverty and hunger by 2015.

TPN/Lusa

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Pandemics and Politics

At the time of writing, almost a week after we all learned that a lethal new strain of influenza had appeared in Mexico, every single death attributed to swine flu has been Mexican, and all but one of those deaths happened in Mexico itself. (The one exception was a Mexican toddler visiting Texas with his family.)



Keiji Fukuda (L), Assistant Director General a.i. Health Security and Environment and China's Margaret Chan (R) Director General of the World Health Organization WHO, speak during a press briefing to announce new developments on the swine influenza situation, at the World Health Organisation (WHO) headquarters in Geneva, Switzerland, 29 April. The World Health Organisation raised its flu alert to phase five out of six. (Photo: EPA/Martinal Trezzini)

The media work themselves into a frenzy about how this may be a pandemic that kills tens or hundreds of millions of people around the world. Even with a prescription, you can no longer buy Tamiflu or Relenza, the leading antivirals that could lessen the impact of swine flu: in most countries, governments requisitioned the entire available supply last weekend. And yet air travel between Mexico and the rest of the world continues unhindered.

Our elders and betters assure us that a travel ban would not help. The World Health Organisation's assistant director-general, Keiji Fukuda, tells us that trying to contain the virus by enforcing travel restrictions "is not a feasible option." Besides, he says, "the virus has already spread to several other countries." Texas governor Rick Perry says that closing the US border with Mexico, crossed by tens of thousands each day, would be "a little premature."

Am I alone in experiencing a desire to strangle these people? To begin with, Rick, you either close the US border now, or you don't bother. Closing it a week from now would be completely pointless. If human-to-human transmission of the virus has not already taken root in the United States, it will certainly have done so once another few hundred thousand people have crossed the border.

Obviously, people from other countries who are currently holidaying in Mexico (overwhelmingly Americans and Canadians) must be allowed to come home, but would it be unreasonable to monitor their health for a week or so in case they are carrying the virus? Indeed, shouldn't we stop further holiday-makers from travelling to Mexico and ask Mexicans to stay home for a while? It would cause inconvenience, yes, but large numbers of lives are at stake here.

It may be too late to stop the spread of the virus by banning non-emergency travel to and from Mexico, but nobody knows that for sure. The virus has already appeared in a dozen other countries, but at this point almost all the victims are still people who were recently in Mexico. If the flow of further people from Mexico dwindled rapidly as the remaining tourists and business travellers came home, there would still be a chance of containing the virus.

If this "swine flu" really is like the "Spanish influenza" virus that killed tens of millions of healthy young adults in 1918-19, then we should be doing everything possible to hold it at bay. And even if the virus is bound to get out of Mexico in the end, it's worth winning some time before it does.

It is spring across the northern hemisphere, where most of the world's people live, and flu typically goes into retreat in the spring and summer. Even if it comes back in the northern autumn — and pandemic flu often comes in several waves some months apart, becoming more virulent in

the later waves — by then we might have a vaccine ready. The process of designing and mass-producing the vaccine takes four to six months, which is exactly what immediate and severe restrictions on travel to Mexico now might win us.

So why do government bureaucrats everywhere, together with the international civil servants of the World Health Organisation, assure us in massed chorus that travel bans are futile? Because they work for governments whose economies could be severely damaged by those bans.

Governments do accept a certain responsibility for protecting the lives of their citizens, but even in the developed world, where resources are not scarce, they interpret that responsibility quite differently. Britain and France have stock-piled antiviral medicines like Tamiflu for 50 percent of their citizens (and Britain is now going to over 80 percent). Japan, Australia and New Zealand are all over 40 percent, but the United States only has 25 percent cover and Canada a mere 17 percent.

The biggest difference, however, is between the vague, general responsibility that governments feel for the lives of their citizens and the acute, real-time responsibility they feel for the health of their economies. They are inundated daily by demands from commercial and industrial organisations to keep the borders open and commerce flowing. They are NOT inundated by demands by powerful citizen organisations to impose travel bans and save lives.

So they yield to the greater pressure, as governments generally do. At the extreme, they conspire to hide the disease altogether, as China did with SARS (and Mexico may have done for some time with swine flu). And they lie routinely about the usefulness of stopping travel from infected countries, because to do so would gum up international commerce and damage economies.

The less reflective ones may not even realise any more that they are lying, because within WHO and the various national governments it has become an article of faith that you can't contain pandemics once they move beyond the first few villages. But that is quite obviously bullshit. Bullshit that could kill your kids.



Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

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14th century military commander awarded sainthood



Portuguese government and military leaders have welcomed the Catholic Church's canonisation of Saint Nuno Álvares Pereira as the formal recognition of a "people's saint" and as an "example" for the armed forces.

Pope Benedict XVI raised Álvares Pereira, a 14th century military commander who later devoted his life to the poor as a Carmelite monk, to sainthood in Rome last Sunday.

Foreign Minister Luís Amado, who attended the consecration mass last week, said that before his recognition of sainthood by the Church, Álvares Pereira was already "a saint of the people, a simple and humble man" and "a great military leader".

Also present at the Rome ceremony, the head of the Portuguese armed forces, Gen. Luís Vasco Valença Pinto, described the commander who defeated invading Spanish forces at Aljubarota in 1385 as an "example" of "service" for the military.

In his homily before a crowd of some 20,000, Pope Benedict underlined that the new saint had demonstrated that in "any situation", even in war, "it is possible to live and realise the values and principle of Christian life".

The pontiff said that beyond being "an excellent soldiers and a great leader", Álvares Pereira had devoted himself to "intense prayer and absolute confidence in divine help" in the latter part of his life when he ordered the construction of the Carmelite convent in Lisbon.

Saint Nuno is the eighth Portuguese to gain sainthood since the founding of the nation in the 12th century.

He was the only non-Italian of five new saints consecrated by the Pope. *TPN/Lusa*



A statue of Nuno Álvares Pereira which stands next to the Santa Maria da Vitória Convent in the Batalha monastery. (Photo: Lusa / Paulo Cunha)

Portuguese trawler seized for illegal fishing

Guinea-Bissau fisheries inspectors last week seized a Portuguese-registered trawler that was found to be using illegal nets and committing other offenses in the West African state's territorial waters, officials said.

Hugo Nosolini, director of Guinea's Fispac fisheries protection agency, told Lusa the Ria Mar, licensed to operate in Guinea's waters under an EU fishing deal, was checked by a routine patrol and found to be using unauthorised nets. The Portuguese vessel was also suspected of illegal re-fuelling

at sea, he added.

The Guinean official said the skipper of the Portuguese fishing boat had been uncooperative when asked to account for his trawling methods and the quantity of his catch. The trawler was released after its owners agreed to pay fines fixed by the Bissau authorities. *TPN/Lusa*

PM to attend East Timor independence festivities

Prime Minister José Sócrates will pay an official visit to East Timor next month to attend the country's seventh independence celebrations and participate in a

four-way summit in Dili with Indonesian and Australian leaders, the Portuguese leader's office announced last week.

It said in a press release that

Sócrates would take part in the independence celebrations on May 20 and join the Timorese leadership, Indonesian President Susilo Bambang and Aus-

tralian Prime Minister Kevin Rudd on May 22 for a summit meeting.

The four-way summit will be centred on reviewing the development of East Timor as an independent state over the decade since its independence plebiscite from Indonesian rule in 1999.

Timorese Prime Minister Xanana Gusmão has said Sócrates had been invited to the independence celebrations as the "guest of honour".

The Portuguese prime minister will return to Lisbon on the eve of the start of campaigning for the European parliament elections set for June 7. *TPN/Lusa*

Ramalho Eanes to represent Lisbon at South African presidential inauguration

Former President António Ramalho Eanes will represent Portugal at the inauguration of South Africa's new head of state on May 9, Belém Palace has announced.

The palace said that Gen.

Ramalho Eanes had been invited to attend the South African presidential inauguration as Portugal's representative by President Aníbal Cavaco Silva.

South Africa's governing

ANC party won the country's legislative elections last week and its lawmakers are expected to elect party leader Jacob Zuma as the new head of state in a vote in parliament on May 6. *TPN/Lusa*

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The mini-bus for the Faro branch of SPEM

The Lions Clube de Loulé continued success



Recent events involving the Lions have been the presentation of a 'mini-bus' for the Faro branch of SPEM - the local multiple sclerosis society. The purpose designed vehicle has proved to be a great success.

The Lions sale on March 22nd raised €581.64. Many thanks go to everyone who donated items and supported the event on the day.

The next sale will be held again at Centro Comunitário, Almacil, on May 17th from 9.30am - 12.00pm. At bargain prices will be good quality clothes, linen, shoes, bric-a-brac and books. Refreshments will be

available and admission is free. Go along and support the Lions and find out more about their 'work and play'.

On March 28th the exhibition of the life and works of Mirianela de Vasconcelos closed. Held for 6 weeks at the Galeria de Arte in Loulé. It was a great success with many people able to enjoy a wide display of Mirianela's artistic and literary talents. Organised by

her family in conjunction with Loulé Camera a further exhibition is to be held next year.

Released at the exhibition was her photo biography 'Um olhar a cores' (inspired by colour), a fascinating and detailed account of her life in Portuguese and English costing €8. A copy will be available at the Lions sales or by phoning Bruce Allen on 282 444 874 or fax 282 441 683.

During the exhibition a raffle was held, the prize being an original painting of Marianelas. It raised €175 and the lucky winner was a lady from Almacil.

Diary dates for the next sales are July 19 and September 27. For more information about the sales and if you would like items to be collected from you please ring 289 845 581 or 289 416 659.

Kiss FM – 17 years in the Algarve

Celebrating seventeen years of providing music, news, sports and great entertainment to local residents, holiday makers and thousands of ex-pats in Portugal, Kiss FM is enhancing its reputation by setting up new programming and features!

Comprising Kiss FM's new programming is the extension of the extremely successful Marc Damon's daily lunch hour show, on weekdays, to three hours, airing now from midday until three o'clock.

Miguel Filho will host the new breakfast show, starting from 7am on weekdays, with news breaks every half hour.

Marina Babosa's will continue to follow Marc Damon from 15h00, with other new programme changes occurring later in the evening, such as the 'Kiss FM Top 10 Show', which will showcase the top ten songs of different themes.

From Sunday to Thursday, between 22h00 and 24h00, Kiss FM will be introducing a

brand new show with Steve Silby, the 'Late Night Algarve' show, which will feature the very best love songs and sweet soul music five nights a week.

From midnight to 06h00 every night, DJ Gonzalez and DJ Sudge end programming with chilled, retro, classic, contemporary and hip hop dance music.

Elsewhere, Kiss FM is working with UK Premiership club Liverpool FC, promoting the first ever soccer camp to be held in Portugal.

For the best in local and international news, weather and what's happening in the Algarve, keep it KISS! Seventeen years in the Algarve and many more to come!

Drain doctor business in Portugal is seeking more staff



Recession-busting Drain Doctor Plumbing (www.draindoctor.co.uk) – the UK's largest emergency plumbing and drain repair service – is expanding its recently opened business venture in mainland Europe.

Launched in January with an official opening attended by local VIPs, International VIPs, company directors and staff, the company's operation in Loulé in the Algarve region of Portugal has created a great deal of interest. So much so in fact that Drain Doctor is seeking to employ one or two more technicians to service the level of demand.

Drain Doctor Director Jan Mitman said: "We are always hearing about how the world is in recession and that everyone is cutting back. However, here in the Algarve, as elsewhere, Drain Doctor is expanding."

"We are looking for two more qualified technicians to join the business to assist us

with expansion as the level of business in Portugal increases."

Francisco José Ferreira São Vicente, the company's operations manager for Portugal, added: "Our first jobs have been coming from villa management companies and owners and from local restaurants."

"We have already carried out a number of 'no dig' repairs; this type of repair was not commonly available in Portugal until Drain Doctor arrived. The team has also been busy clearing blocked restaurant drains and advising restaurateurs on fitting grease traps to prevent future blockages."

"Bringing the Drain Doctor standard of service to the Portuguese market – we are not just dealing with the immediate task of

clearing a blocked drain but offering a long-term solution to a continuing problem – is having a major impact on the local drainage and plumbing market. That is why we now need to employ some new technicians."

In the UK, Drain Doctor is a franchisor with 104 owner-operated businesses around the UK.

The company-owned Drain Doctor business in the Algarve region covers Loulé, Faro, Silves, Vilamoura, Portimão and Lagos. It is demonstrating the concept of Drain Doctor's guaranteed 24 hours per day 365 days per year service with a fixed price 'menu' and no call-out or out-of-hours charges.

Drain Doctor chairman Freddie Mitman said: "We are



delighted with the immediate impact which we are having following the launch of the business in Portugal. It helps to demonstrate that there is an opportunity for a company offering excellent service in a country where standards in this industry are generally fairly relaxed.

"As soon as the company-owned operation is fully established we will start franchising the system in the rest of Portugal."

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Manuel Teixeira drawing the winning ticket

And the winner is...

Manuel Teixeira, owner of Nelitos in Almancil, drew the winning ticket this weekend for our prize draw for Sunday Lunch at his stylish Italian restaurant. This was kindly offered to ACCA (helping children in need in the Algarve) as an incentive for people to visit our new website and tell us what they thought of it.

Samantha Diamond, ACCA Committee member, said: "As the website is a new direction for us, it was important we got people's opinions and suggestions, so it was great to be able to offer them a reason to visit the website

and be entered into the draw."

We are pleased to say we have had a very positive response and some good ideas from those who have taken the time to browse through our brand new site.

But just because the draw is over it doesn't mean we no longer want feedback. On the contrary, we are always open to suggestions. So please do take a look and let us know what you think.

And, in the meantime, thanks to Nelitos for your generous donation and, to Jan Wood of Boliqueime, Buon Appetito!

British golf pioneers honoured with Portuguese stamp



A golf course designed by a member of one of Portugal's most prominent and longest-settled ex-pat British families has been featured in a limited edition series of stamps produced by the Portuguese Post Office (CTT), which has been dedicated to 'Golf Courses of Portugal - Emblematic Holes'.

Mark Stilwell and his business partner Malcolm Kenyon together designed and created the MonteBelo Golf Course in Farminhão, Viseu (northern Portugal) after being approached by the landowners.

"They gave us 200 hectares of land and said 'build us a golf course!'" Mr. Stilwell told The Portugal News.

The stamp in question features the 16th hole of the MonteBelo course and is one of a collection of some of the most beautiful spots on courses around the country.

After finding out about the stamp "by chance", Mark Stilwell says he is "very happy" with the tribute and "never expected it".

"It is an honour for our course to be featured alongside so many

other outstanding courses", he said.

The issuing of this stamp is further acclaim for a family that has made its name in the Portuguese golf industry, and is a fitting tribute to the role they have played in developing that sector.

John Stilwell, father to Mark, was one of the first and key contributors to the Algarve's tourism as it is today.

He created and strengthened foundations upon which to build what is now a solid industry, making vital contributions to not only the Algarve, but the country's success as one of Europe's top tourist destinations.

For that, in 2004, he was awarded the gold medal for the 'Order of Merit for Services to Tourism' due to his lifelong dedication to tourism.



Fotografia / Photo Viseu Turismo

Mr. Stilwell Senior was responsible for building the Algarve's first golf-course and respective 'Golf Hotel', Penina, which was inaugurated in 1966.

Since then the family has overseen numerous golf-related projects, building itself an enviable curriculum within the industry, including the re-building of 27 holes in Vilamoura and the construction of Alto Golf, which was designed by Sir Henry Cotton (with whom both Mark, his

father and Mr. Kenyon enjoyed a few rounds on the greens). Mr. Kenyon, a former UK golf-pro, also contributed with input on the planning of Alto Golf. This was followed by the take-over of Vale de Milho (Carvoeiro) and the construction of MonteBelo, in Viseu, which was extended by an extra nine holes four years ago.

The book of stamps is on sale now and available from post offices, individual stamps cost €1 each.

Possible expansion for Algarve Stadium in bid for World Cup hosting



The municipalities of Faro and Loulé have pledged their commitment in joining the rest of Portugal and Spain in hosting a co-joint Iberian World Cup by offering to expand the existing Algarve Stadium which was purpose-built for the Euro2004 Football Championships.

This week Faro Mayor José Apolinário and Loulé Mayor Seruca Emídio expressed their commitment in being associated to the event by offering to enlarge the stadium to minimum measurements as required by the World Cup organizing body FIFA.

As it stands at present the Algarve Stadium has a maximum capacity for 30,000 spectators, and to comply with FIFA's rules would have to be extended to at least 40,000 seats.

That is the minimum spectator capacity for a World Cup games.

Should the bid for a co-joined hosting materialize the Algarve stands a good chance of being included in the Iberian hosting of the 2018 or 2022 World Cup.

Portugal presently has three stadiums that are immediately eligible to host World Cup level games; Luz (Benfica's home stadium, in Lisbon), Alvalade (home-ground to Sporting Lisbon) and Dragão, belonging to F.C.Porto, in Northern Portugal.

The Algarve stadium, which many now describe as a 'white elephant' due to its lack of usage and purpose, would be the fourth Portuguese stadium to be put forward in the bid.

On an Iberian scale, throughout Spain and Portugal, 13 stadiums will be included in the bid.

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Race for Women draws thousands



The ninth annual 'Race for Women', which is organized by the Portuguese Support Association for Women with Breast Cancer (APAM), drew together more than two thousand men and women to race along Carcavelos beach, Cascais, raising €15,000 in the process.

Despite the hot temperatures and tempting sea, the crowd stayed focused in its mission of completing the three kilometer race along the beach.

The race, which took place this year for the ninth consecutive time, aims to raise awareness regarding breast cancer as well as raise funds for the association.

APAM was founded in 1999 and aims to offer support to

women that are suffering from breast cancer, from those who have just discovered the disease, to those in the most advanced stages.

This year's race raised €15,000 for the cause, through the €10 enrollment fees as well as from other generous donations. This will be put towards a new headquarters that the Association hopes to inaugurate in September.

Door-to-door rubbish collection scrapped



Oeiras is to end its door to door rubbish collection scheme in some areas of the council, despite disapproval from much of the population's, as the results have not been positive in the council's view.

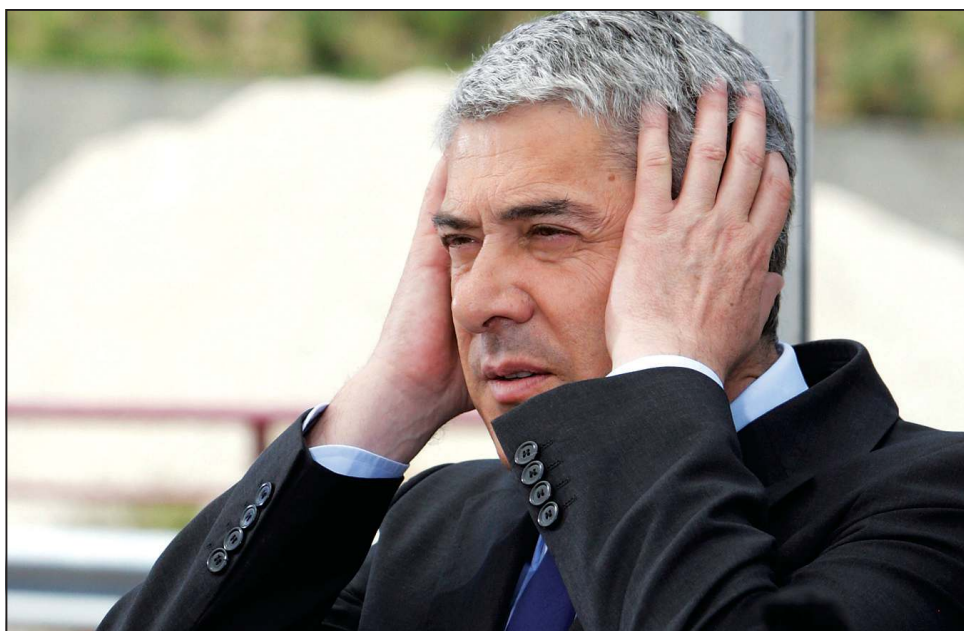
Madalena Castro, Oeiras Environment Councillor, said that, despite being the first council of the country to carry out door to door rubbish collection, "the experiment has had bad results in some areas", mainly due to difficult access to some buildings. There have been "many situations where the collection vehicles can't access certain roads", leaving rubbish uncollected, said the Minister.

Environmentalists from Quercus are backing the local population by showing disapproval of the council's intentions, and have asked for a meeting to be arranged with the Council's representatives to annul their decision of cancelling some routes, claiming

"this type of collection results in larger quantities of collected residues and a better economy of transportation as each collection vehicle compacts the rubbish."

Manuela Castro focused on the environmental concerns of the council's decision, saying that the reduction of collection routes will minimize the council's impact on the environment, such as a reduction in noise and pollution, which will finally represent a reduction of CO₂ emissions.

According to data from AMTRES/Tratolixo, selective rubbish collection in 'ecopontos' has risen substantially between 2006 and 2008, with a 38.7% rise in paper and card collection, 8.6% in glass and 99.5% in packages.



Prime Minister José Sócrates holds his hands to his head at the end of his visit to the construction site where renovations are taking place on Greater Lisbon's IC-16, IC-30 roads and the CRIL motorway. The new road accesses Lisbon's metropolitan area, which include the widening of the IC19, the completion of the CRIL motorway and the North-South bound motorway, represent a €453 million investment. (Photo: Manuel de Almeida/LUSA)

Lisbon PSP detain 103 people on extended weekend

Last week's long weekend prompted several police operations in Lisbon, which lead to the arrest of 103 people, with most offences being related to driving under the influence of alcohol and driving without a valid driving license.

Although the PSP's resources were overstretched to guarantee the citizens' safety during events held on Labour Day, officers were still effective in battling criminality as seven

people were arrested for drug trafficking and a further six for thefts of cars and establishments. Another six people were arrested for possession of firearms, two for being in the country illegally, two more for disobedience and another twelve for other situations.

On the road, 42 people were detained for not having a legal driving license and an additional 27 for driving under the influence of alcohol.

Officer arrested for robbing pensioner

Judiciary Police have arrested two men in connection with a theft to an elderly lady's home on April 30th, in Lisbon. One of the suspected criminals is a PSP officer, who has been on extended leave for two years.

An 84 year old elderly lady was at her home in Lisbon last week when her door bell rang.

After seeing a uniformed officer, accompanied by another man, through the peephole, she opened the door to the two men.

Both men, aged 20 and 32, made their way in, tied up the elderly lady, and proceeded to steal gold

items in her home worth over €10,000.

During their getaway, one of the assailants was pursued by the lady's neighbour, who managed to detain him and hand him over to his former colleagues at the PSP.

Both suspects are being charged for robbery, abduction and abuse of uniform.

Meet the Super Mothers

As far as I'm concerned the true heroines of Mother's Day are the seven mothers at the SOS Village in Bicesse. Sure, there are great mothers all over the world, and I was lucky to have one of them. But the women I know in Bicesse: Celeste, Natacha, Fernanda, Cinda, Emília, Eugénia, Filomena and Amélia, who retired last July, stay in my mind as the most dedicated, loving and hard working mothers I have ever met.

I am astounded by the courage, capacity and giving natures of these women. The two mothers I know the best are Amélia and Natacha. Both have been responsible for my God children. For ten years, every Sunday I saw Amélia raise 6 children, from Tomas who was scab infested when he arrived at the Village, to Sonia who came as a toddler and is now a gorgeous blonde studying to be a kindergarten assistant. Rumor says she was run over by a car before she came to the Village. I guess that's why she failed 7th grade three times before going to professional training school where she now thrives.

But to watch Amélia treat her and the other five, you would think they all had the same capacity to lead meaningful, productive and most of all, joyful lives.

My own mother was a superstar too, caring for my sister and me lovingly until the day she died much too early in her mid-sixties. But we were an intact, biological family with the means for new clothes, meals we often asked for, and family trips on the weekends and summers. We were also gifted with skating and swimming lessons, piano and French after school. Amélia's children never had these privileges, but, until she retired last year, she gave them what she calls "the affective side", the love, the attention and the care that have to be far more meaningful than a new sweater. The same goes for the other SOS mothers. When they accept the mother position (paid, of course but not lavish wages by any means), it's presumably for life or at least until retirement age. These mothers commit to raising "their" children (sometimes two successive families, as in Amélia's case) from the

day the youngsters arrive at the Village until the day they are independent and self-supporting enough to leave. In the years in between these mothers are the cooks, the cleaners, the nurses, the caregivers, the homework supervisors, the disciplinarians, the life educators and, I imagine, the emotional caretakers as well. What tears they must see at night, or even in the day, when a child asks where their parent is, and why they gave them away, or as in the case of many, why the courts sent them to the Village. I have never heard these questions, but imagine they must surface as the children watch TV scenes of cozy families, hear stories from their class mates of family love and even visit homes where two parents and their biological children live together. "But what happened to me and my parents?" I imagine the Village children must ask. And then, in the dark of the night or the early morning dawn these mothers must have some answer to calm the child, answers soothing enough for the children to want to go on with life.

"I received so many gifts today," Natacha said, beaming around the lunch table at her 6 children on Mother's Day. Sonia said



Westheimer

she made her drawing for Natacha in art class at school. In crayon she wrote, "Mãe." Then she drew a pink heart beside the word and her name beneath. Victor told me he carved a wooden heart for Natacha. "Mãe, Mãe," he said, Did you like my heart? Whenever I hear the "Mãe" it sounds as authentic and loving as Mother, Mom and Mommy millions of other children utter all over the world. And at the Village, the Mãe who answers does so with the same love and care as the other millions of mothers who answer to their own children as well.

patwestheimer@gmail.com
All names of the children have been changed. The mothers' names are authentic. Seven houses at the Bicesse Village are full with families. Four sit empty, awaiting mothers.

WRVS, Lisbon Branch car boot sale

Carcavelos Clothes Market, Saturday 9th May, 10am - 2pm. Enjoy delicious WRVS sandwiches, savouries, cakes.

All monies raised from the WRVS food stall, white elephant stall and the car pitches will go towards a shelter for abused women and children.

Reserve your car pitch €12, payable on the day, with

Claudete 214 537 350 or claudetemartins@netcabo.pt or with Heather at wrvsportugal@gmail.com

If you would like to donate items for WRVS to sell on the white elephant stall call Robina 214 682 020 or robina.pereira@sapo.pt

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No flies on M2M Blinds



Indeed there are no flies on M2M Blinds and it is not only due to the fact of them having the widest and best range of quality flyscreens and internal window blinds available in Portugal. It is also down to the way that Denny Bird runs his business, with excellent products, service, reliability and the most competitive prices.

M2M Blinds is always looking for more products to add to their already comprehensive range. Now Denny is pleased to introduce the following products.

- The Plana is the first retractable flat screen horizontal operating door flyscreen without spring retraction or a floor barrier making it wheel chair friendly.

- The night and day pleated flyscreen and window blind which has two elements. The normal pleated flyscreen moves across and a second shutter that is a sun blind for day time use.

- A new range of panel blinds which is an excellent option for room dividers or very large window areas.

As with all their other products the new ranges come in a wide range of colours and finishes.

It is now getting to that time, with mosquito season almost upon us, to think about doing something about those "unwanted guests". Being able to sleep peacefully with the windows open without that terrible buzzing in your ears, and those irritating bites the next day is priceless. M2M Blinds flyscreen range is second to none so your choices are not limited.

With summer also fast approaching M2M have a wide range of solar reflective and blackout fabrics for their internal window blind collections.

So if it is flyscreens or internal blinds you are looking for, contact Denny at M2M Blinds for a free no obligation quotation and remember you get to choose in the comfort of your own home because as they say "we come to you"

Denny will be on stand 78 at the international fair in Lagoa on May 30th & 31st with all his samples so please feel free to go along and see him.

Livingston's Painting



With the sun shining again, put your paintbrushes away and leave it to professionals! Shanny Livingston will work wonders to your home and give it a brand new look, filling up all the crooks and crannies and giving a nice even painting to your home.

Shanny (Shannon) Livingston moved over to Portugal with his family in 1972 and decided to enter the painting trade just over a decade ago. Having gained experience by working for others and learnt the ins and outs, Shanny decided to go solo two years ago and has not looked back since. Acknowledging that the paint trade is an extremely competitive one, Shanny shines above the rest through his quality workmanship and attention to detail, fixing any imperfections he might find, probably due to his background in Art College.

For a good painting job to be carried out, preparation is the key as it is the foundation on which the paint is applied. The first stage to a painting job is to wash the whole area down with a high-powered pressure washer, in order to remove loose paint, grease, dirt & organic growth; giving the paint a smooth and porous surface. The second stage is to fill in all the cracks and skim all areas

necessary, to apply the sealant later. These stages are indispensable before applying the first coat of paint in order to keep the standard at the highest. To offer an exquisite finishing on jobs, at least two coats are applied, sometimes three, depending on the colour to produce a consistent, even finish. To keep his lines perfectly straight, Shanny always uses tape and caulk all tile edges, windows and door frames. All these precautions plus a good eye for attention to detail will ensure the job will please even the most meticulous clients.

People say a good workman can be judged by the mess he leaves after him, which only proves Shanny's superb work as cleanliness is his top priority. To keep areas clean and tidy he lays down large dust sheets to avoid stains and a messy environment.

Choosing top quality products, Shanny usually uses the two top brands of paint in Portugal, unless the customer requests a specific paint, and he also supplies his own rollers and brushes.

Centrally located in the Algarve, Shanny will take jobs from Lagos to Tavira and he covers all aspects of painting: woodwork, metalwork, interior and exterior.

Imagine Home: You imagine - they do it

When it comes to construction and renovations, Imagine Home have the creativity and professionalism to turn your most desirable projects into reality.

Cidália, also known as Cindy, is the sort of person you would want to take charge of construction or renovations at your home.

Bubbling with creativity, Cindy provides clients with a service which is second to none, constantly checking up with them to see if the project is being carried out to their exact requirements. With their own construction team, varying in numbers depending on the type of job, Imagine Home carry out any sort of construction or renovation work, such as faux ceilings, walls and room dividers, lighting and ambience, tiling, flooring, painting, installation of equipment, even construction of tennis

courts and swimming pools!

She is very proud of her creative side and always gives customers suggestions for what might be the best solution for any given problem, together with her master builder Arkady, who is extremely talented and professional in all areas of his work.

"We take care of everything" says Cindy, from obtaining the correct building licenses to picking up the right paint, reducing stress and time wasting for clients.

With several references available, Imagine Home provides an honest, professional and friendly service, always keeping their client's best interests in mind.

Providing free quotes for jobs all across the Algarve, Imagine Home are open from Monday to Friday between 09h00 and 17h00. They are located in Portimão.



Andifer - a cut above the rest

Having been in business in Portugal for 18 years, Andifer has demonstrated a consistent growth over time, expanding from a local butchers to finally reaching their current status as a national meat wholesaler. Now, Andifer has re-taken possession of their butcher's shop in Portimão, offering some rare, succulent delicacies at amazing prices.

António Dias Ferreira started his career in 1977, opening a small butchers in Johannesburg. After gaining a vast knowledge of the South-African meat business, he returned to his roots in 1991 and brought all his wealth of experience to Portimão.

The surge in demand for quality meat rose throughout the years and António felt an obligation to keep his customers happy, so he opened a warehouse in Albufeira nine years later.

It was then that Andifer progressed into new services, becoming meat wholesalers in the Algarve. Their massive warehouse has recently doubled in size as demand does not seem to be diminishing, and Andifer is now the biggest meat wholesaler in the Algarve, providing mainly hotels and butchers with top quality, fresh meat on a daily basis. Another recent development is their warehouse in Lisbon, which distributes meat throughout the whole City.

Their services at the warehouse include mincing and de-boning meat, and preparing pre-packed meat and fresh sausages.

In order to keep close contact with his individual customers, António decided

to run the butchers in Portimão again, after renting it out to a third party for some time.

Always striving for perfection, Andifer in Portimão is excellent in every aspect. Their prices are the best around, as all the meat comes from their own warehouse, and their experienced and friendly butchers provide a service which is second to none. Dinis, head butcher

and manager, has attended several cooking courses and is always on hand to give clients meal suggestions that will complement the different meat. Ivo, who has been to England many times to learn about different types of cuts, is an encyclopaedia of meat, and also prepares traditional South-African delicacies such as biltong, boerewors or chili bites. If you have never heard of these types of meat, make your way over

as they are 'to die for' and hard to find anywhere else.

All things considered, Andifer is a class above the rest.

Located in Portimão, near the train station, Andifer is open from Monday to Friday, from 08h00 to 13h30 and 14h30 to 19h30.



THIS WEEK'S PROFILES



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www.m2mblinds.com, to see their full range of quality products and the gallery of their previous installations. Alternatively, call: (+351) 932 894 709, or 286 518 059.



Imagine Home

For more information on Imagine Home, please call Cindy on 964 679 177 or email: imaginehome.pt@gmail.com.



Livingston's Painting

Livingston's Painting for a quotation, you can contact him on 917 511 550 or email livingstonspainting@clix.pt.



Andifer

For more information on Andifer, please call 282 410 590, or visit their website www.andifer.com.
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10th Anniversary St George's Dinner in aid of Riding for the Disabled Barlavento



Pictured right: Margaret Gobby, one of the organisers of the St Georges Dinner. In the middle: Sue Wilson the riding instructor. On the left: Frank Bulmer, who started the Riding group for the disabled in the western Algarve.

On Saturday the 25th April the St George's Day committee held a very successful dinner and dance at the Tivoli Hotel in Lagos, the proceeds to go to Riding for the Disabled Barlavento.

The evening was a great success and raised a fantastic €3,182. All the raffle and auction items had been generously donated by local businesses and individuals for which we are very grateful.

All the money raised will be used by Riding for the Disabled Barlavento (Equitação Adaptada do Barlavento) for the purchase of special equipment, hire of the horses and additional training for their physiotherapist to enable the group to offer hippotherapy to very seriously disabled young children.

The group offers the opportunity of experiencing assisted therapeutic and recreational horse riding to the students of N.E.C.I and also for other disabled people of all ages who live in the West Algarve. It has now been running for over two years and the benefit to the mental and physical well-being of the riders is becoming ever more apparent.

It is a non-profit making association, totally self funded and run entirely by volunteers and without the tremendous help and support of the local community would not be able to continue to function. More volunteers are needed and if anyone would like to help in any way please contact Frank Bulmer on 91 296 7870.

Muddy Cogs Bike Rides

The Starting Point is by the main roundabout next to the cemetery in Alte. There is plenty of parking in the road up into the main town, so should not be a problem to park. Contact Paul for further details if you are unsure as to where this is.

The ride starts at 1.30pm. Paul will be at Bikeland first from around 12.15pm until 1pm, and can take some people and/or bikes from there if required.

If you need bike hire or transport, then please contact Bikeland in advance so that this can be arranged.

This ride is the usual mixture of dirt track roads and tarmac, but the majority this week is on tarmac. The total distance is around 32km and there are one or two basic looking cafes along the way, but there is a good cafe in Alte for refreshments afterwards if necessary.

This weeks ride is hilly, nothing too scary going up hill and mainly on tarmac for the climbs, but there are some steep descents on road, so make sure that your brakes are working OK.

There are some tremendous scenic views and this is a ride well worthwhile doing.

Paul looks forward to seeing you again on Saturday.

For more information, contact Paul Beesley on: 289 360 001 / 913 226 954 or e-mail: paul.beesley@sapo.pt. www.activitalgarve.com.

Tea Dance

The tea dance that was held on the 19th April at the Silves Cine theatre, raised €110 which was donated to Castelo de Sonhos.

Everyone had a great time and the next one will be on the 10th May, if you can join us you would be very welcome.

It starts at 3pm to 6pm and the admittance is just €5, refreshments are available in the interval.

Instruction is available if requested, otherwise it is just a fun afternoon.

Proceeds, once again, will be donated to the Castelo de Sonhos.

St. Andrews Society Algarve

Sunday May 17th
Boules followed by Lunch at
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Please contact Kathy on Tel
919 635 246 for further details.



Aperitivo present Bouncers

Fast moving, high comedy - this is the basic scenario of Bouncers, which will be performed by the multi-cultural Aperitivo Performance Group at 21.00 hrs Thursday 21st May at the Hotel Garbe, Armação de Pêra, as part of their extremely popular Theatre Dinner Programme.

This is a new venue for Aperitivo, who are normally

based at the Museum in São Brás, where the play was such a hit that the group decided to take it to new pastures.

Although the plays performed by the multi-cultural Aperitivo group normally reflect the various nationalities that make up both the cast and their audience, Bouncers is fundamentally English. The play is set in and around a disco and the actors - just four men - play the bouncers themselves, the four lads going to the disco, four girls going to the disco and a host of other characters - including the stars in a Swedish pornographic movie.

Bouncers relies on the acting skills of the players for impact; there is no scenery, no fancy costumes, no props (which is why one character has to play the hairdresser in a ladies' hairdressing salon). 40 minutes - no interval. Warning: strobe lighting will be used during the performance.

It is a very special, very funny play, and an excellent evening's entertainment - don't miss it! €30 per person to include three-course Indian dinner with wine and coffee.

For more information or to book please phone 282 320260 or e-mail: info@hotelgarbe.com



East Algarve Walks

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For more information
Call 913 595 868 .

brian@moonlightservices.eu
www.moonlightservices.eu

Lets walk... the Serra de Cão

Wednesday May 13th

A new moderately easy circular walk (3 hours) through these unspoilt hills with fabulous views and great flowers.

10.00am start - meet in the centre of Barao Sao Miguel. Take the A22 west until it ends and at the roundabout exit right towards Bensafim and Lagos. Once

through Bensafim take the first road right towards the Zoo and follow the road for 5km to Barao Sao Joao, continue through the village towards Sagres and after another 3km you come to Barao Sao Miguel and the centre where there is a small cafe on the right and a church on the left.

No need to book please just come along with a sense of humour & wearing comfortable shoes, there is a small charge of €5 for the walk.

Julie Statham 965 753 033 or www.portugalwalks.com

NB: The walk on Wednesday May 20th at the Barragem Bravura will start at 14.00

The Algarve wine society welcomes the 'Douro Boys' to the Algarve

For centuries the Douro was associated with British-run Port vineyards. But since the liberalization of the industry in 1987, which permitted the growers to begin directly exporting their wines, there has been a band of young, enthusiastic local winemakers producing some excellent table wines along the vertiginous banks of that river.

About five years ago five historic Douro estates Quinta do Vallado, Quinta do Crasto, Quinta do Vale Meao, Quinta Vale Dona Maria and Niepoort - Quinta de Napolos joined forces to promote and market their wines as 'The Douro Boys'.

Much of their activity has been concentrated in overseas markets. However, on Friday, 24th April over seventy members of the Algarve Wine Society were given the opportunity to share a little of the 'Douro Boys' style and energy, whilst learning more about their personalities and their wines in a special tasting, followed by a delicious 'gourmet' dinner, at Vila Monte in Moncarapacho.

The 'Douro Boys' were represented by João Ferreira, the owner of Quinta do Vallado, Tomas Roquette, Director of Quinta do Crasto, Luis Seabra, winemaker of Niepoort, Luisa Olazabal, Director of Quinta do Vale Meao and Joana Pinhão, winemaker of Quinta Vale Dona Maria.

Following a reception on the picturesque terrace of the Orangerie Restaurant at Vila Monte, members of the AWS were given a powerpoint presentation by each member of the Douro Boys team, highlighted by a tasting of eleven of their wines.

After the tasting everyone enjoyed a quite memorable five course dinner, prepared by Executive Chef Hugo Santos, that included Foie Gras, Filete de Dourada, Sorbet de Citrinos com Champagne, Lombino de Borrego and Delicia de Chocolate Quente. The meal was complemented by a further ten of the Douro Boys' wines. And finally the dinner ended with a superb Queijo de Ovelha de São Brás matched with a choice of five of Douro Ports.

Later in the evening the assemblage were delightfully entertained by Marilyn Flitterman, a long standing member of the AWS who had traveled down from Porto for the occasion, who played both spontaneously and superbly selections of Gershwin music on a



The "Douro Boys" (l to r) Tomas Roquette, Luisa Olazabal, Joana Pinhão, Luis Seabra and João Ferreira - being thanked by Erla Walther and Michael Berger

grand piano. It was a very fitting finale to a quite magical evening.

The Algarve Wine Society will conclude its calendar for the 1st half of 2009 with a tasting of Fiuza & Bright Ribatejo wines on Thursday, May 28 and a golf outing followed by the traditional summer

party on Sunday, June 28, following which, as usual, there will be a summer break until September. For information about the Algarve Wine Society, or to enquire about membership, please contact the Secretary, Larry Hampton: Hampton@mail.telepac.pt.

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Lamb chops with sweet potatoes and lemon

Serves 4

Freshen up this slow-cooked dish with a crunchy radish and minted cucumber salad.

1tbsp extra virgin olive oil
Sea salt
Freshly ground black pepper
6 lamb chump chops, trimmed of fat
2 red onions, finely sliced
2cm piece fresh root ginger, grated
4 garlic cloves, sliced
1 red chilli, finely chopped
1tbsp ras al hanout (a Moroccan spice)
5 tomatoes, diced (or 400g tin chopped tomatoes)
800g sweet potatoes, peeled and cut into large chunks
2tbsp lemon juice, or to taste
1tbsp soy sauce
1tbsp honey
1 cinnamon stick

To serve:

Steamed couscous or rice
Handful coriander leaves



Preheat the oven to 180C/ Gas 4. Heat the olive oil in a flameproof casserole over a medium-high heat. Season the lamb chops liberally with salt and pepper, and brown on both sides. Remove the chops and set aside.

Drain off all but one tablespoon oil from the casserole and reduce the heat to medium. Add the onions and cook, stirring, until softened, about five minutes. Now add the ginger, garlic, chilli and ras al hanout, and stir for a couple of minutes until fragrant. Add the tomatoes and stir over the heat for another five minutes.

Add the browned lamb chops, sweet potatoes, lemon juice, soy sauce, honey and cinnamon. Pour in about 400ml water, or just enough to cover your chops. Put the lid on and cook in the oven for two hours.

Uncover and skim off any excess fat from the surface. If the sauce is too thin, reduce over a medium-high heat for a few minutes. Adjust the seasoning - you may need an extra squeeze of lemon juice. Serve with steamed couscous or rice, scattering over some coriander leaves.

Family friendly food

Australian chef Bill Granger, who has won many fans with his relaxed approach to cooking, is back with more tempting recipes in a new book, *Feed Me Now*.

With three daughters, a wife who 'refuses to cook' and a hectic work schedule, you could forgive Australian chef Bill Granger for ordering a takeaway occasionally.

But the self-taught cook, who opened his first cafe in Sydney at the age of 22, takes his domestic duties very seriously.

His latest book *Feed Me Now!* includes ideas for healthy breakfasts, fast lunches, nursery teas, after-work suppers, and treats for when the kids have gone to bed.

"Because I do all the cooking for my family, the recipes have

to be realistic," Bill says.

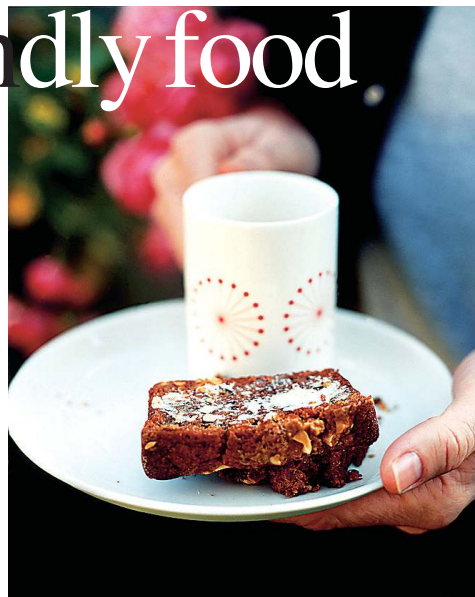
"They've got to be good for us, easy and taste great".

From spiced chicken dumpling soup to apple fruit cake, Bill loves to vary his family's diet.

"Every night is different. We go from Italian to Chinese, and then Thai."

Bill admits he wrote the book for his own benefit.

"It offers answers to my own challenges. How do I balance everything in my life and stop food preparation becoming drudgery? These recipes trick you into thinking that you're having fun!"

**Tiramisu ice cream cake**

Serves 8

This is an impressive desert that is a bit of a cheat. Make sure you let it sit in the fridge while you're having dinner to ensure it's easy to cut.

125ml strong black coffee, cooled
60ml Kahlua (or other coffee liqueur)
60ml Marsala
200g savoiardi (sponge finger biscuits)
1.5 litres vanilla ice cream, softened
150g good quality dark chocolate, grated

Line a 20cm square baking tin with baking paper. Combine the coffee, Kahlua and Marsala in a bowl.

One at a time, briefly dip half of the savoiardi into the coffee mix and use to line the base of the tin. Layer half of the ice cream on top and then sprinkle with

half of the grated chocolate.

Repeat these layers, then place in the freezer for four hours or until frozen.

About 30 minutes before you will be ready to eat the tiramisu, transfer to the fridge to soften. Cut into squares to serve.

**Melt and mix banana bread**

Makes two loaves: each 12 slices

No banana bread recipe ever uses enough of those blackened bananas so bake more than one loaf and freeze pre-sliced, ready for morning toasting or breakfast-on-the-run.

45g soft light brown sugar
30g almonds, chopped
255ml soured cream
1tsp bicarbonate of soda
100g unsalted butter, melted
230g caster sugar
2 medium eggs, lightly beaten
250g plain flour
1tsp baking powder
1tsp ground cinnamon
250g mashed ripe banana (about two medium bananas)

Preheat the oven to 180C/Gas 4. Grease and line two 10 x 18cm loaf tins with baking paper.

In a bowl, mix together the brown sugar and almonds and set aside.

In a large bowl, mix together the soured cream and bicarbonate of soda, leave to stand for five minutes, then stir in the melted butter, caster sugar and eggs.

Sift the flour, baking powder and cinnamon into another bowl.

Gradually fold in the soured cream mixture, followed by the mashed bananas.

Divide the mixture equally between the prepared tins and sprinkle the brown sugar mixture on top. Bake for 1-1 1/4 hours or until a skewer inserted into the centre of each loaf comes out clean. Set aside to cool in the tins for about 20 minutes, then turn out onto a wire rack to cool completely.

**Book your stand now at
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Restaurant Write-ups

The Battering Plaine in Almancil (just next door to the Post Office) is the place to go for English Fish & Chips as we know and love them! As well as offering traditional cod and chips they also have Haddock, Scampi, Doner Kebabs, Pies, Sausages and much more. You can eat in the restaurant or order a takeaway, and there is a delivery service to Almancil, Quinta do Lago and Vale do Lobo areas as well.

Monte do Casal, country house hotel, spa and restaur-

ant is a member of Small Luxury Hotels of the World. Situated in the beautiful historic location of Estoi, it is easy to find by following the yellow signs from Estoi square. Here you can enjoy à-la-carte, fine dining of an evening, inside the restaurant or lunch overlooking the lakes and waterfalls. On offer is an à-la-carte five course degustation tasting menu with the option of five tasting wines, a vegetarian menu, plus both spa and lunch menus. Reservations are strongly recommended.

For our restaurant guide please see the hotline on pages 32 & 33

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Thank God for Doctors

SIR, What a devastating condemnation of intelligent design and designer is set out in this week's Upward Glance (He Never Slumbers)! Joyce Voelker unwittingly cites two personal examples of the absence of the perfect Creator, or, to put it charitably, when he had a couple of off-days. It is clear from her narrative that it was the human skill of medical practitioners that saved the day on both occasions quoted, attempts to change God's mind by prayer having served no practical purpose. Without question, had not the skill of the doctors been effectively exercised, the outcome would have been quite different; her cries would have fallen "on deaf ears", the alleged Listener being either "off duty" or "on vacation" when most needed!

Two points emerge from this: an intelligent designer would not have produced a defectively designed and executed creation, and Mrs Voelker's narrative shows that despite her precatory attempts to change the mind of the Creator, something which she should know from her holy book is impossible, it was only the dedicated medical care and skill by human doctors which had any salvific effect. Though she states that "He who had given her life, would determine whether that life would continue..." why did she revert to medical help, an action which clearly frustrated "his" plan, which by Mrs Voelker's own admission was to create then almost immediately to destroy?

Regarding the title of her article, had she read her psalms more carefully she'd see that in Psalm 78 v.65 and Psalm 44 v.23 the Almighty is caught napping!

MICHAEL BAUGH, by email

Swine Flu

SIR, Having read your current 2nd May issue, it seems that the Portuguese Health Ministry is not letting the press have all the facts:-

MADRID (Dow Jones) —

Portugal has one suspected case of swine flu, health secretary of state Manuel Pizarro said Thursday in a televised press conference.

He said that the suspected case was in the capital Lisbon, and that the clinical situation of the patient was favorable.

Pizarro added that tests are being carried out and that the Health Ministry hopes to provide further information about the suspected case in the next 24 hours.

He added that there are no confirmed cases of the disease in Portugal.

-By Luis Morais, Dow Jones Newswires; +34 91 395 81 32; luis.morais@dowjones.com

GINIA, by email

Gurkhas

SIR, Mike Towl's letter requesting support for the Gurkhas reminds me of the three years I was attached to Gurkha regiments stationed in Hong Kong in the mid 50s. During my stay the camp was used by the 1st 6th and 2nd 10th Gurkha Rifle Regiments and as a young Staff Sergeant in the RE, I supervised maintenance work and the construction of new married quarters for officers.

Imbued from day one with pride in their respective units, punishment for indiscipline was to be taken off guard duty and boycotted by the rest of his unit. On guard duty those not on patrol slept resting their arms on the window sills of the guardhouse and when they marched off duty their uniforms were as fresh and uncreased as when they started.

When it came to cross country running, the first eight or ten men home would be these barrel-chested little guys. A spectacular event was the annual Kud race. Men from each unit ran to the top of a 300 metre hill and, as each arrived, others ran down at breakneck speed. If one tripped he would launch himself into space so that he travelled as far as possible before regaining his feet.

Compared to regular British troops they were outstanding in every way and I spent many an hour reading dog-eared company reports of incredible acts of bravery and ferocious hand to hand fighting with the Japanese during WW2.

The lone drawback was that young recruits drafted into the regimental band practiced with drums, bugles and chanters about 30 yards from my office. The excruciating noise produced by twenty off key bugles and chanters made even Cantonese Opera sound like a soothing lullaby. Other than that it was a privilege to serve with such committed soldiers and I still have the kukri they presented me with.

RON LAVERY, by e-mail

Money gets cheaper

The European Central Bank on Thursday cut its benchmark lending rate to an all-time low of 1.0 percent.

The widely-anticipated cut of 0.25 percent is also expected to be the lowest the rate will reach, with the ECB now being looked at to find new avenues to stimulate the Euro Zone's struggling economy.

The cut follows a series of reductions since last October, when interest rates peaked at 4.25 percent.

Following this latest drop, the Euro strengthened against the Dollar to \$1.336 after weeks of devaluing against the American currency

Algarve, from p. 1

Despite the crisis, it appears a stop has been put to the huge drops in hotel occupancy rates and airport passenger figures.

Hotel occupancy rates improved in April to 49.1 percent, while Faro airport passengers numbers, having recorded successive drops of at least 20 percent in each of the first three months this year when compared with the same periods in 2008, staged a dramatic improvement in April where unofficial figures show a drop of only 1.6 percent when compared with same month last year.

"Crises have their advantages, and it has forced us to rethink many aspects of tourism", explained Dr. António Pina, chairman of the Algarve Tourism Board (ERTA) when confronted on Thursday by The Portugal News with what some observers have deemed to be the start of the sooner-than-expected recovery of tourism in the Algarve.

The ERTA chief revealed that sectors linked to tourism in the Algarve have revealed new-found "dynamism" in what he believes could be the recipe to bail the tourism-reliant region out of the current crisis.

Dr. Pina added: "The Algarve has its cake, which is the sun, the sea and golf. But we have been working on other areas to boost tourism. Wine routes, excellent bird-watching, nature walks are but some of the features the region boasts to attract more tourists".

Meanwhile indications are that the summer will see no drop in the number of tourists to the region, with price cuts being practised by resorts across the region.

A study by the UK's Post Office Travel Services this week put the Algarve back into the world's top ten most competitive desti-

nations for British tourists. Even more striking was that it was placed second in Euro Zone.

Explaining its findings, researchers said while attention has been focusing away from the Euro Zone for holidaymakers on a strict budget this summer, price cutting in some of the most popular Euro Zone destinations meant that the UK's traditional favourites may cost less than expected, with the Algarve being highlighted in the study.

Sarah Munro, Post Office head of travel services said: "The Euro Zone has taken a bashing this year but our survey suggests that tourist outlets in many resorts are taking dramatic steps to encourage tourists. Despite the weak pound, this means that UK tourists who shop carefully could find that they get more than expected for their money."

At around £42 for 10 holiday items, including drinks and meals, Bulgaria's Sunny Beach resort was two and a half times cheaper than Antigua - the most expensive destination surveyed. Two other holiday spots outside the Euro Zone, Turkey and Croatia, joined Bulgaria as Europe's cheapest options for a bargain break.

Under the ten items surveyed, the cost in Portugal amounted to £67.47, only 39p more than in Spain. However, taking away the cost of sun cream, which is almost £2 more expensive in Portugal than in Spain, the Algarve would be the cheapest summer destination for Britons in the Euro Zone by some margin.

France is the most expensive Euro Zone destination in this year's barometer - costing £11.22 (+16.7 per cent) more than Spain. And one of the newest Euro Zone entrants, Cyprus, joins France as the highest priced European holiday destinations. By contrast Malta, which, like Cyprus, joined the Euro Zone in January 2008, has held its prices steady and

emerges as third cheapest after Spain and Portugal.

Ironically the biggest price hikes were in the long haul destinations, highlighted as great value in previous surveys. The same 10 commodities surveyed by the Post Office have risen by 53.7 per cent in Thailand - which still remains the cheapest long haul destination - and by 46.9 per cent in Egypt.

Meanwhile, hotels in the Algarve reported improved occupancy rates after a dreadful start to the year.

After hitting all-time lows in January and February, March and April showed some improvements, with April bouncing back to report figures similar to those recorded the same month last year.

According to figures sent to The Portugal News by the Association for Algarve Hotels and Resorts (AHETA), occupancy was at 49.1 percent, down only 4.6 percent.

Three-star hotels reported an increase of 26.5 percent in occupancy rates, while four and five star hotels fell, which is explained by money-conscious tourists accepting a reduction in quality in exchange for significant cash savings.

AHETA president Eldérico Viegas told The Portugal News on Thursday that summer occupancy rates will probably be on a par with those recorded in 2008, mostly due to the cut in rates being practised across the country.

Mr Viegas added that the current crisis is what he termed "a transitional period" and one in which the Algarve will have to fight to keep regular tourists, especially those from Britain. He further called on hotels to accompany prices being asked in other rival destinations, and to not rely solely on the "affinity" Britons have for the Algarve to keep occupancy rates, and prices, up.

Portuguese for Beginners

Emília Rosendo

143

THIS LESSON:
The verb structure "estar a" in the Past.

⇒ Study this example situation:

Hoje de manhã, eu levantei-me e olhei pela janela. O sol estava a brilhar, mas a estrada estava molhada. Esteve a chover ontem à noite. Não estava a chover quando eu olhei pela janela, hoje de manhã e o sol estava a brilhar.

⇒ Now compare the verb structure "estar + a" in 1) - "Pretérito Perfeito do Indicativo" and in 2) - "Pretérito Imperfeito do Indicativo":

- 1) **Esteve a chover ontem à noite.**
It had been raining yesterday night.
- 2) **Hoje de manhã, quando eu olhei pela janela, não estava a chover.**
This morning, when I looked out of the window, it wasn't raining.

ⓐ Put the verb "estar" in the structure "estar a" into the correct form, "Pretérito Perfeito" or "Pretérito Imperfeito".

1. Quando nós chegámos a casa, as crianças

estavam sentadas no sofá da sala. Elas _____ a ver um filme de animação.

2. O rapaz entrou em casa, muito cansado, com uma bola de futebol na mão. Certamente, _____ a jogar com os amigos.

3. O projecto já está pronto porque o arquitecto _____ a trabalhar quase sem parar.

4. Entrei na sala e não vi ninguém. No entanto, cheirou-me a tabaco. Alguém _____ a fumar lá e não abriu as janelas!

5. Eu e o Jorge estávamos na cozinha. Nós _____ a preparar o pequeno-almoço quando alguém bateu à porta.

6. Esta cadeira está cheia de migalhas porque alguém _____ a comer aqui.

7. Eles _____ a almoçar com uns amigos e, depois do almoço, saíram todos juntos.

8. Eu não lhe telefonei às oito porque sabia que, a essa hora, _____ a jantar com a sua família e não o quis incomodar.

9. Meninos, o que é que vocês _____ a fazer lá fora no jardim? Estão todos sujos, molhados e despenteados!

Please send your completed exercises with a STAMPED, SELF-ADDRESSED ENVELOPE, to me: Emília Rosendo at The Portugal News and I will return them corrected.

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PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 9 May 2009

PROPERTY OF THE WEEK

Be master of the manor in Moncarapacho



This week's Property of the Week features a superb property that comprises a large Quinta (farmhouse) with a separate guesthouse and studio apartment, built in 1997, together having six bedrooms and boasting lovely country and sea views. It even has its own indoor swimming pool for year-round dips!

Located in the traditional Moncarapacho area this property is on the doorstep of many of the Eastern Algarve's main attractions and facilities, a maximum of 30 minutes drive from Faro airport, while still offering a 'rural refuge' feel.

The main house is a sizeable, light and bright building, with four bedrooms, three bathrooms and all mod cons one would expect of a modern building while still retaining many of its original features.

Through the entrance hall there is a large living-dining room with a focal wood-burning stove, served by a spacious, fully-fitted kitchen. Outside there is a barbeque area with an al-fresco kitchen and dining terrace. The gardens are partly automatically irrigated, the property also having its own bread-oven and threshing-floor.

Regarding sleeping arrangements, as well as a master bedroom, which has its own ensuite shower-room, there is a second bedroom with fitted wardrobes, and a third bedroom/study with a separate shower-room.

A basement level has been converted into a studio apartment, also having its own bedroom and shower.

Furthermore, there is a double garage and sports-lovers will be thrilled to know this property has its own tennis court and a large, covered indoor pool with solar heating.

Throughout there is electric central heating, satellite TV, solar panels provide heating and hot water, and the property has its own borehole and 25,000 litre *cisterna*.

The two-bedroom guesthouse, which is an ideal solution for visiting friends and family or as a rental investment, has a liv-

ing-dining room with a wood-burning stove, a fitted kitchen with its own covered terrace, electric central heating, solar panels, borehole and a 14,000 litre *cisterna*.

Both bedrooms have ensuite shower-rooms and fitted wardrobes.

The price has recently been reduced from €1,300,000.00, to €980,000.

For more information on this fabulous property or to book a viewing, call Elly Van Hulst Real Estate Lda on: (+351) 289 842 992, fax: 289 842 986, or email: ellyvanhulst@mail.telepac.pt.

Alternatively, see website: www.property-runner.com.



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Ref. MG82266

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Ref: V12612 Price: € 225,000



Vilamoura

Attached villa, situated in a private condominium, composed of 3 bedrooms, 2 bathrooms, dining room, lounge with fireplace, equipped kitchen, storage and terraces. Communal swimming pool and garden area. Construction area - 145 m2.

Ref: V12443 Price: € 300,000



Vilamoura

Villa composed of 3 bedrooms + 1, 4 bathrooms, lounge, dining room, kitchen, storage, terraces and garage. Swimming pool and garden. Plot area - 433 sq.m. Construction area - 259 sq.m.

Ref: V12556 Price: € 475,000

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Price: € 210.000

Love your home



Want to improve your home but unsure how to do it? The experts give top tips on doing those small jobs and DIY repairs that could make a real difference to your property.



Photo of Upper East Mural from Digetex. www.digetex.com.

It's spring and we're all enjoying a new romance - with our homes.

While the credit crunch batters our budgets and our spirits, it seems we're determined to be happy and comfortable behind closed doors.

There's not just been a surge in DIY and home improvements, according to research by B&Q, but also a trend for people to experiment more with colour and pattern.

"People are no longer following that bland 'decorate to sell ap-

proach," says B&Q's decorative director David Haydon.

"The current market means they're now staying in their homes and want to improve them. We're seeing real evidence that people are using their homes as extensions to their personali-

ties, and are far less timid about their choices."

But giving your home a facelift, or just making small changes, can be a challenge if you've lived with safe, neutrals for years or don't find DIY easy.

Builders Julian Cassell and Peter Parham have come to the rescue by pooling their knowledge and revealing trade secrets, short cuts and solutions in a new book, ASK.

It gives the answers to the 1000 most asked questions about the home.

"We're aware that DIY can be the most infuriating of pastimes when things aren't going to plan, but when it all comes good, it's a very satisfying place to be," Julian says.

"So we've put together all the advice we've given out over the years, which has helped people succeed with around the home jobs. Occasionally, it's also saved a marriage, saved an injury or at the very least saved someone from more years of frustration and generally devaluing their home!"

So start loving your home - you know it makes sense!

Be inspired

It can be hard to know where to start when you want to re-vamp.

"Create a theme board and pin on fabric swatches, including different textures and patterns, and magazine clippings of room features and furniture that you like," Julian suggests.

Trawling through paint charts can be confusing, but if you find a colour you love on something, maybe a piece of clothing or home product, some companies will scan it and produce a paint to match.

Top tip: Choose a cushion in a colour or fabric pattern that you love and use it as a starting point.

Decorating

Make the most of your walls by following the fashion for wallpaper. B&Q's research reveals that papering one feature wall is catching on - with around 17% of people opting for it.

"Swatches supplied by painting and decorating stores

are so small it's hard to tell what the finished effect will be like," Julian says.

"Buy a small tester pot and paint pieces of lining paper, which can be moved around the room to check how colours will look in certain lights.

"Also, it's probably worth buying a roll of paper you're keen on and pinning up a large piece to see if it really suits your taste."

He advises DIYers to always prepare surfaces and prime wood, then work from the top down: ceilings, walls, then woodwork.

Don't be floored by wear and tear in your home. For instance, fill cracks between the wall and the skirting board by rolling up some newspaper and wedging it in the gaps to provide a base for some filler.

Clean a ceiling with a squeegee mop before you paint, and secure dustsheets to the floor to

stop them creeping across the floor as you work.

Finishing touches

"There are a host of small things that will make rooms look special, from finishing those small DIY jobs through to giving a new look to old pieces of furniture and displaying treasures," Julian says, adding that it's easy to give new life to old things.

He suggests freshening up an old roller blind with fabric paint and using stencils to help create a simple design.

"Paint picture frames with emulsion to either match a new scheme, or in a toning shade so they stand out. Mask off the glass edges to get a crisp finish."

A large bed can dominate a room. Soften its effect by fixing a hook in a joist above the centre of the bed head. Knot some fabric on the hook, draping it back to the bed head on either side.

Six smart indoor tasks

- Create an intimate atmosphere in a dining area by fitting a pull-down light that can be lowered to illuminate just the table area.
- Brighten the dark interior of a wardrobe by fitting battery operated strip lights.
- Stop a wall surface crumbling when you bang a picture hook into a wall, by putting some masking tape over the spot where the nail is going in. This helps bind the surface together.
- For a cheap picture solution use all your holiday snaps

to make a collage in a simple picture frame.

- Create more light and space by adding mirror panels to doors. Simply use mirror grab adhesive on the back of the mirror pieces and carefully press into place.

- Create a distressed paint finish on furniture. Paint it one colour and allow to dry, before randomly masking the edges of the panels and handles using petroleum jelly. Apply the next colour, allow to dry, then rub off the areas where the jelly was applied.

Six smart outdoor tasks

- Renovate old, faded plastic windows by using UPVC window restorer. Clean the windows thoroughly first, wipe on the cream then buff it.
- Stop rot returning to wooden windowsills by using preservative pellets. Simply drill holes around the rotten patch and tap the pellets in place. Fill over the top with plastic wood.
- Make the front of a house more interesting by fitting decorative window shutters.

- Repair a pothole in a tarmac drive by cleaning out any debris, and pouring in some cold mix tarmac (buy it by the bag). Tamp it down using the end of a heavy post.

- Transform dreary old brown fencing by applying woodstain, which comes in a wide choice of shades.

- Smarten ageing plastic garden furniture by painting it with two coats of gloss, but make sure you've cleaned and prepared the surface properly first.

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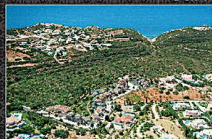
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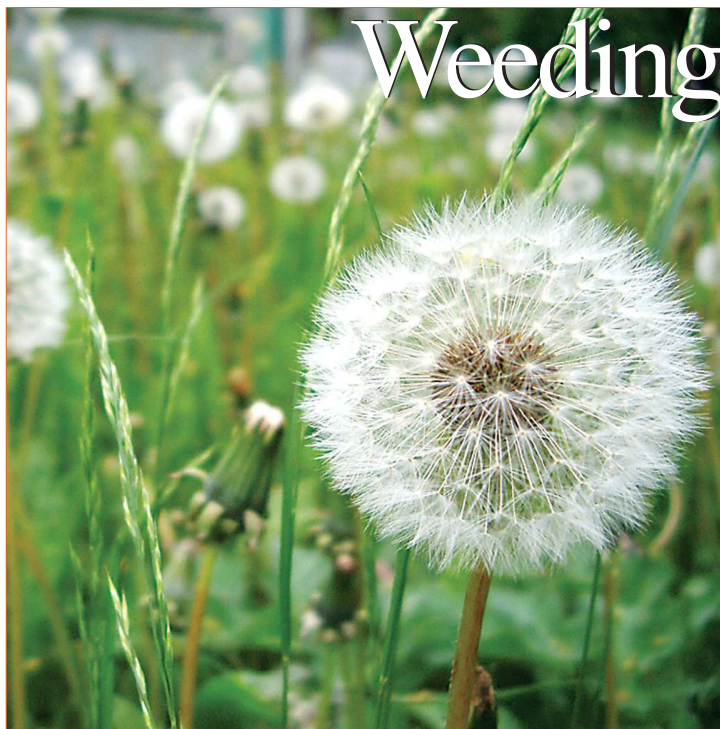


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Weeding out the nuisances



Dandelion seed head. (Photo: photoeverywhere.co.uk)

Hannah Stephenson gets her hands dirty in the garden. This week: perennial weeds.

Annual weeds are already springing up in my flowerbeds, but it's the persistent perennial weeds that cause the most problems.

While bindweed snakes its way through borders and up hedges, ground elder is emerging from under my neighbour's fence and couch grass is appearing amid growing perennials and shrubs.

In the past I've taken to zapping these difficult perennial nuisances with systemic weedkiller, which the plant ingests through its leaves and into its root system, killing it gradually over a week or two.

But if you don't want to go down the chemical route, is there any other way to get rid of these invasive weeds?

"There is no easy solution to perennial weeds, but you can make your life slightly easier by containing the problem," says plant ecologist Ken Thompson, senior lecturer at the University of Sheffield and author of *The Book Of Weeds*.

"Assuming that the bindweed, or whatever, is confined to part of your garden, you should make strenuous efforts to ensure it stays there. Do not inadvertently move it around with other plants, or in soil or compost.

"You can compost roots or rhizomes of perennial weeds safely, but make sure they are dead first: bake them; drown them in a bucket of water for at least six weeks; or beat them to a pulp with a hammer.

"Another priority is speed. The worst perennial weeds can spread metres in one season, so the time to act is now," Thompson says.

Persistent weeds require persistent action. It's no good neglecting perennial weeds for a long time and then going at them like a bull in a china shop.

"Rotavating the whole area generally makes it worse - every bit of root or rhizome will grow into a new plant," he warns.

Ground elder will be weakened with persistent hoeing, but that won't kill it. The rhizomes are shallow, so digging them out is theoretically possible, although it tends to creep among other plants, which makes digging difficult.

It is possible to dig out the rhizomes of couch grass, as they are also shallow, but use a fork, loosening the soil as you go, to pull out long, intact lengths of rhizome.

Perennial nettle rhizomes are

shallow and not very brittle, so can be dug out with a fork. Pearlwort, which is often mistaken for moss, is almost impossible to hand pull because bits of stem and root are always left behind. However, as it is so small, it can be controlled through mulching and by filling vacant space with other plants.

Perennial weeds usually pop up among flowers and shrubs, so hoeing is often not possible. If you pull up the weeds you'll always leave some shoots behind and even when you dig out as much root as you can, it generally won't eliminate the problem.

"The only long-term solution is to remove everything - garden plants and weeds - from a bed or border and start again with clean soil," says Thompson.

It sounds drastic and it is. You can try digging out every piece of weed root and rhizome as soon as you see any growth appearing, or you can cover the soil with a tough layer of old carpet to block out light and prevent weed growth. You'll need patience, as total eradication is likely to take at least a year.

If you need to remove ornamentals that you want to save, remove all traces of weed root among the roots and temporarily plant them elsewhere.

Once the area is weed-free,



Purple Bindweed (Morning Glory)

cover the bed with a permeable, weed-suppressing membrane and replant your saved plants through holes in it.

"Do not be tempted to cut corners by laying the anti-weed membrane over an existing perennial weed problem," warns Thompson.

"The weeds will find a way out through the planting holes and more vigorous weeds will even come through the membrane."

Alternatively, you could put a thick layer of organic mulch such as compost or bark - at least 10cm (4in) - to prevent weed seedlings appearing.

Best of the bunch - *Dicentra spectabilis* (Bleeding heart)



This reliable, elegant, clump-forming perennial bears fragile-looking, heart-shaped flowers with rose-pink outer petals and white inner ones, hanging from arching stems, in late spring and early summer. Its leaves are finely cut and fern-like and it looks good planted with low-growing companions, such as mossy saxifrages, hardy geraniums and hostas, or others providing interest later on in the season.

Dicentra spectabilis likes cool, moist and sheltered spots and will grow in partial shade or sun. However, by keeping the ground moist and sheltering the plant from the midday sun, the flowers will last longer.

D. spectabilis grows up to 90cm (3ft) tall and will die down naturally in late summer.

If you want a smaller, more compact specimen growing 40-45cm (16-18in) high, go for 'Snowflakes', a variety which produces clusters of white flowers in late April, or 'Bacchanal', the darkest red *dicentra*.

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Portugal drain doctor attends company's International conference



Recession-busting Drain Doctor Plumbing (www.draindoctor.co.uk) – the UK's largest emergency plumbing and drain repair service – recently held its 15th annual convention at the Holiday Inn in Harrogate, West Yorkshire in the UK.

Among the 150 people attending the event was Francisco José Ferreira São Vicente, the operations manager of the company owned Drain Doctor business in Portugal.

At the three-day conference, Francisco was able to meet with other successful Drain Doctor franchisees to exchange ideas and he was able to hear the latest business techniques for success from speakers including Mary Kennedy Thompson, president of the Mr Rooter Corporation in the United States.

Launched in January with an official opening attended by local VIPs, International VIPs, company directors and staff, the Drain Doctor operation in Loulé in the Algarve region of Portugal has created a great deal of interest.

Drain Doctor director Jan Mitman said: "We are always hearing about how the world is in recession and that everyone is cutting back. However, here in the Algarve, as elsewhere, Drain Doctor is expanding."

"We were delighted to welcome Francisco to our annual conference and awards ceremony. He was able to mix with highly successful franchisees who have achieved a turnover of 3 million euros per year."

"The convention and awards are organised every year to reward our franchisees and their technicians. What better way to celebrate 15 years of continual growth?"

Francisco added: "I was delighted to be invited to attend the

convention and I was able to gain some valuable information to bring back to Portugal.

"We have already carried out a number of 'no dig' repairs; a type of repair that was not commonly available in Portugal until Drain Doctor arrived. Bringing the Drain Doctor standard of service to the Portuguese market is having a major impact on the local drainage and plumbing market."

In the UK, Drain Doctor is a franchisor with 104 owner-operated businesses around the UK. As soon as the company-owned operation in the Algarve is fully established Drain Doctor will start franchising the system in the rest of Portugal.

Drain Doctor in the Algarve region covers Loulé, Faro, Silves, Vilamoura, Portimão and Lagos. It is demonstrating the concept of Drain Doctor's guaranteed 24 hours per day 365 days per year service with a fixed price 'menu' and no call-out or out-of-hours charges.

Seasonal task...

If you're painting outside, things like dirt, insects and bits of plant tend to get into your paint, so keep it clean by decanting a small amount into a paint kettle and putting the lid securely on the paint tin. A paint kettle is also a lot lighter to carry around.

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Don't miss 'the greatest family party' in the Algarve. Two whole days for you to enjoy the best that the international community in the Algarve has to offer.

Stands

There will be over 150 stands with everything for the home, garden and lifestyle. Stands will be offering advice on travel, home improvements and finance, there will be lots to buy including fashions, books, art, decor, specialist foods, pets products and visitors can enjoy beauty treatments and health advice.

Algarve Dog Show

Purely for dog lovers - training seminars, grooming demos, dog displays and more.

Games Area

Especially for children (but adults will like it too). Fairground games, bouncy castle, lots of prizes.

Fire & Rescue displays all day

The Lagoa firemen plus fire engine, ambulance and special 'rescue' and lifesaving demonstrations for children and the chance to put out a real fire!

The Algarve Wine Festival

Set in a special marquee, Lagoa City Hall will be staging their annual wine festival.

Green Challenge

Local schools have taken up the challenge to help save the planet. Their ideas will be on display in the Pavilion.

Motor Show

Lots of new vehicles to inspect and dream over.

Food Arena

Several international restaurants serving delicious food including Pizza from Italy, Surinam Food, Salads, Wraps, Hog Roast from UK, Chicken Piri-piri w/ *Batata Frita* from Portugal, Vegetarian, Tapas from Spain, Curries from India and Pies from the UK.

All Day Entertainment

Peruvian band, children's ballet, choirs, music & singing, line-dancing in the evenings and our special parade at 12.00, 15.00 and 17.50 hours each day with the Algarve Fair jingle.

Children's Fancy Dress

Children are invited to come to the fair in fancy dress and join in the parades

Arts & Crafts Market

A dedicated section for artisans to show off their wares in a beautiful tented area. Some wonderful products will be on offer.

The Portugal News Café

Come and enjoy the hospitality of The Portugal News in their special café situated in the Pavilion. Buy a *bica* and a *pastel de nata* for €1.50 and you'll receive the free travel hairbrush and mirror which commemorates the 1000th edition of The Portugal News.

Entrance & Prizes

Entrance costs only €3 per person and children under 12 are admitted free.

There are competitions to win, bargains to grab in the marquee, displays & demonstrations, new products to discover, it's a great day out for all the family, and full of surprises.

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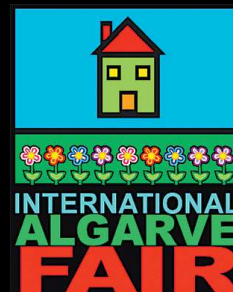
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Three ways to... encourage your toddler to dress himself.

1. Give your child all his clothes the right way up, and make sure they're not inside out.
2. Only help when asked, but give plenty of praise when he does it.
3. Make it a game, maybe by counting or getting him to race a sibling to get dressed first.

Left: A father helping his son to dress himself.

Below: Keeping that mother and son relationship

Three ways to... be a better parent to a teenager.

1. Never back down on rules or consequences, no matter how much your teenager nags.
2. Make sure the goals you set for your teenager are achievable, so your expectations allow him or her to succeed.
3. Always talk to your teenager about high-risk behaviours like sex, drugs and alcohol, rather than assuming someone else will talk to them, or that they'll learn what they need to know at school.



When is my child ready... to stop using a child seat in the car?

After their 12th birthday, or when they're taller than 135cms (about 4' 5"), whichever they reach first. Until then, they must use child restraints - child seats, booster seats or booster cushions. If a child restraint isn't available, in a taxi for example, or if two occupied child restraints prevent another being fitted, they can use an adult seat belt.

Readers Tip

Try not to make negative comments about changes in your teenager's dress or physical appearance - give them the freedom to experiment with their identity, unless they really have taken it too far.



News for parents

Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.

Children who get too little sleep run an increased risk of becoming hyperactive, researchers have found.

Scientists from the University of Helsinki in Finland found children whose average sleep duration was less than 7.7 hours a night scored higher in tests for ADHD than those who slept longer.

Scores for hyperactivity and impulsivity, both symptoms of ADHD, were also higher for light sleepers.

But does the study simply show that being hyperactive makes children sleep less?



A hyperactive child.

A baby who gains weight too quickly in the first months of life could be more likely to be overweight later, researchers have said.

A study at the universities of Cambridge and Bristol in the UK found that baby girls' weight gain in the first nine months was crucial to how heavy they would be aged 10.

But there was no effect when weight gain between the ages of

nine months and 19 months was studied.

Girls who put on weight too quickly in infancy were also more likely to have their periods at a younger age, which has been linked to an increased risk of breast cancer.

A leading cot death charity has warned parents not to risk their baby's life by sleeping alongside them.

The Foundation for the Study of Infant Deaths (FSID) issued the warning after several reports that a high proportion of babies who died were sharing a bed or sofa with a sleeping parent.

FSID said between 2005 and 2008 in the London area, 173 babies died unexpectedly, of which nearly half (85) were found dead after falling asleep

in bed with an adult or on a sofa.

"May 2009 is FSID's Save a Baby Month, and because of our experience, we recognise the urgent need to raise awareness of the dangers associated with bed or sofa sharing with your baby," director Joyce Epstein says.

It might be nice to fall asleep with your baby, but it's much nicer not to risk its life.



Parent and baby who have fallen asleep together.



Win... a course of non surgical facelift treatments worth up to 699 Euros!

Do you have Eagle Eyes? Look through the adverts (not editorial) in this week's paper and see if you can spot 3 white magnolias (see the photo above). Some may be easy to spot, others well hidden or only partially visible. When you have found the three magnolias email us with the company names of the three advertisers.



Win a course of Non Surgical Facelift Treatments with Senses... Skin Care Centre.

This incredible treatment offers a non-surgical alternative to the knife. The treatment will lift and tone sagging facial muscles, redefine facial contours, hydrate and plump out the skin and deep wrinkles. This treatment can also be used to treat pigmentation caused by sun damage.

In addition to the Bio Ultimate Non-Surgical Facelift treatment you'll also receive the BT cocktail treatment upgrade too. This fantastic addition to the non-surgical facelift will give additional boost to your skin and you can expect to see a dramatic improvement in fine lines, deep wrinkles and large pores.

The winner will receive a course of 10 treatments which should be taken over a 4 week period. Each runner up will receive a choice of a Dermalogica Facial or a one off non surgical single treatment, you can take your pick!

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HOW TO ENTER: Study all the adverts in the paper, and look for 3 white magnolias, like the one you will find at the top of this announcement. They are small, and we have hidden them well and distributed them throughout the paper, so be sure you look everywhere. Once you have found them, email us at competitions@the-news.net with the company names of the three advertisers. Please write 'Magnolias' in the subject. We will draw the answers on Wednesday 13th May and the first correct answer that clearly identifies the locations of the magnolias will win. The winner will be announced the following week. This competition is for one week only. Winners will be sent a confirmation letter with instructions on how to claim your prizes. There is no cash value or alternative to the competition prizes.

Last week's winner of two Aer Lingus tickets was:

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Why the buzz about ATP?

Forget roller ball eye creams and hand held massage machines to aid in product penetration. If you're concerned with ageing you need ATP—FACT.

ATP or Adenosine Triphosphate is the principle factor in the transferring of energy in the body. Without ATP, your body would be unable to utilise any energy. ATP ensures that all aspects of cellular activity can take place. As the skin is the largest organ in the body huge amounts of ATP are necessary to allow it to thrive, regenerate and renew itself. ATP is created on demand, when needed by the body. It is literally required for everything that takes place in the body, from DNA replication and skin regeneration to muscle contraction and collagen synthesis.

ATP and Ageing

In terms of anti ageing ATP is at the top of the pile. Forget miracle claiming products, without ATP say hello to the signs of ageing and get used to them. By the time we reach 60 the amount of ATP, used (and therefore produced) by the body will have almost halved compared with when we were in our 20's. So if you're over 60 and complain of a lack of energy, well you couldn't be more accurate. A lack of ATP means the body functions inefficiently and so too will your skin.

Maximising ATP

Your body doesn't store ATP, it manufactures it when needed. In order to maximise the production of ATP you first need to create the ideal environment in which to do so. Someone who exercises regularly, drinks 2 litres of water and eats a healthy balanced diet

will be well on their way to creating the ideal environment in which ATP can be produced. Typically applied products can have a dramatic impact too. The key ingredients to encourage ATP synthesis are: Unichondrin ATP (ATP itself), Thiotaine, Mitostime, Palmitoyl Dipeptide-5, Palmitoyl Dipeptide-6. The first product to incorporate these "BUZZ" ingredients is the BT cocktail by Bio Therapeutic. This product launched late last year has already been voted best new anti-ageing product by Spa Magazine.

Using this product for 60 days can achieve amazing results: Up to 80% reduction of pore size and number of visible pores, up to 70% reduction in deep lines and wrinkles, up to 41% reduction of fine lines, up to 40% improvement of elasticity.

Additional boost required?

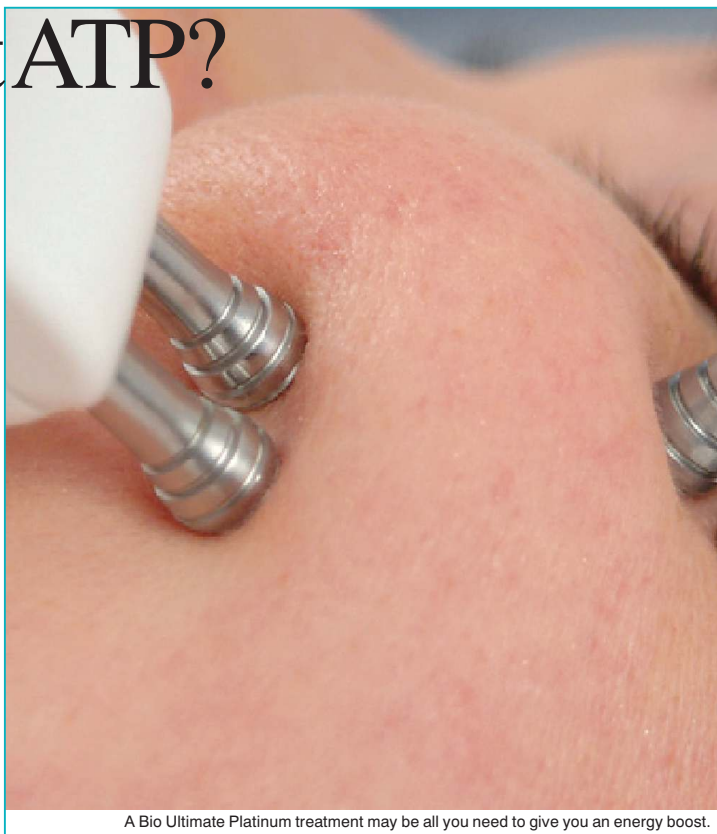
The new Bt cocktail product can have incredible results when used alone, but combine it with a Microcurrent treatment and not only will you see all the benefits of increased ATP synthesis but you'll also re-define the contours of your face and re-educate muscles by lifting—it really is a non-surgical facelift!

The Bio Ultimate Platinum Machine, developed by Bio Therapeutic utilizes Suzuki sequencing Microcurrent—which is the single most powerful tool to maximise ATP energy potential. The Bio Ultimate Platinum Machine has been proven to increase

ATP production by as much as 500%. So following a course of these treatments you'll have more than enough energy. Side benefits of this treatment are increases in collagen (more than 12% in 20 days), increases in elastin (more than 48% in 20 days) and an increase in circulation (more than 39% in 20 days). So if you're in desperate need of an anti ageing boost the Bt Cocktail Products and Bio Ultimate Platinum Machine will give you a surge of energy and leave your skin looking better than it ever has before.

It's important to discuss all your skin and anti ageing options with a skin care therapist before delving straight in. This will ensure that you get exactly the right treatments for you. You may feel that these treatments will be expensive but they actually start at as little as €190, so it is an affordable, long term option. If you have questions about these treatments, products or any other skin and beauty concerns please don't hesitate to contact me.

Suzie Bell - 282 762 261
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A Bio Ultimate Platinum treatment may be all you need to give you an energy boost.

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Ease the sneeze

Sneezing, snuffling, itchy eyes and wheezing are the most common symptoms of hayfever, a condition that spells misery to millions. We check out the latest research into the causes and find products to combat the symptoms.



Hayfever and its debilitating symptoms - from itchy eyes and a runny nose through to congestion and wheeziness - brings misery to millions every year.

Many thousands of people are already suffering this spring as the trees release their pollen, although the majority of sufferers (around 95%) will be affected by the release of grass pollen in May.

The symptoms are caused by histamines - substances the body produces in response to allergic reactions - which is why

doctors usually recommend antihistamine medication.

But despite the fact one in 10 people in the UK experience hayfever - one of the highest ratios in the world - the condition is not treated seriously enough, nor are sufferers given enough sympathy, according to Professor Jean Emberlin, director of the UK National Pollen and Aerobiology Research Unit at the University of Worcester.

"Around 25% of the population suffer this, and it affects 38% of teenagers. This is not a trivial condition. If you don't

treat it, it can develop into asthma," she says.

"The most important thing is for people to recognise they have it. Many people wrongly dismiss it as not very serious, but it can make life truly miserable and adversely affect performance at work and for youngsters impact on their

school work especially at summer exam times."

A recent report commissioned by Kleenex confirms her concerns.

It revealed that hayfever could be costing British businesses more than £7 billion (£9 billion) a year in lost productivity and lack of concentration

among employees.

"Times are particularly pressured at the moment and people need to continue to go to work if at all possible, despite their symptoms," Emberlin says.

"So sufferers should prepare for the season by sorting out what medication they need, and

taking a few precautions such as checking pollen counts so they can plan their day and minimise pollen exposure."

What can I do?

"Know your enemy. Around 86% of us don't know which type of pollen we're allergic to, so try keeping a diary of your symptoms and match it against

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a pollen calendar," Emberlin says.

Check pollen forecasts and avoid going out at peak pollen times.

Outdoor tips

- Wear wraparound sunglasses, anti-allergenic eye make-up and apply Vaseline to nostrils to trap pollen before it enters nasal passages.

- Don't dry washing outside on high pollen count days as it will collect pollen from the air. Change clothes and wash hair after being outside.

- Avoid mowing the lawn, weeding or composting to avoid exposure to grasses, pollen and mould spores.

- Keep car windows closed, service a car air filter regularly, and if possible choose a car with a pollen filter.

Indoor tips

- On high and very high grass pollen count days the worst times are usually early morning (between 5-10am) and late afternoon (4-7pm), when most grasses release their pollen. Keep

windows and doors closed at these times.

- Drink plenty of water, around 2.5 litres a day, to help replace fluid lost through sweating and mucus generated by sneezing and coughing.

- Cover beds and desks when not in use and fold covers back



Bionaire BAP412 Air Purifier, £79.95 (€103), available from John Lewis (www.johnlewis.com).



A cluster of grass seed head.

carefully when you want to use the area. Pollen is heavy and settles on surfaces quickly.

- Brush cats or dogs as they

may carry a lot of pollen in their fur.

- For some respite, close windows and doors. Sit still and in about 25 minutes most of the pollen in the room will have settled so you will be breathing pollen-free air.

Treatment

Treatment includes antihistamines, corticosteroids, nasal sprays and decongestants, and eye drops.

If symptoms are particularly severe consult a GP, who may refer you to an allergy specialist.

Nasal sprays

Nasal sprays can counter itchy, watery eyes, a runny nose and sore throat.

Red nose remedy

A gadget that illuminates your nose so that it glows red, rather like Rudolph the Red Nosed reindeer, sounds a strange way to relieve hayfever symptoms but Medinose claims a high success rate.

It looks like an iPod with prongs to insert in nostrils for a



Birch tree catkins/pollen

few minutes, and claims to significantly reduce symptoms when used over a few weeks.

It costs £79.99 (€103) from Health Innovations (www.anhealth.co.uk).

Natural boosters

If drug-free solutions appeal, a new natural remedy that claims to give a powerful boost to the immune system could be beneficial during the pollen season.

It contains Quercetin, a natural plant extract to support the respiratory tract, and Bromelain, an anti-inflammatory.

Quercetin & Bromelain (£13.60/€17.47 for 60 tablets) is available from Higher Nature (www.highernature.co.uk).

Alternatively, Freeze-Cracked Bee Pollen, which contains an extract of pollen, also aims to boost immunity and counter symptoms.

Those interested in a homeopathy could match their symptoms to an appropriate remedy

at www.hayfeverhealing.com, a new interactive online site launched by Nelsons.

Needle an allergy

Alternative therapies such as acupuncture also claim success with conditions such as hayfever.

"Acupuncture is proven to be very effective for the treatment of hay fever, and can help reduce all the irritating symptoms from congested sinus to tiredness," says Maureen Cromey, acupuncturist and member of the British Acupuncture Council.

By inserting fine needles into the channels of energy which run underneath the skin, acupuncturists believe they stimulate the body's own healing response and help restore its natural balance.

Weekly treatments are applied over a three to four week period although this varies depending on the severity of the allergy.

By Gabrielle Fagan

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Understanding your dog — whilst raising money for others

As I have often said there are many 'unsung heroes' here on the Algarve. One such lady is Zena Camp — once a year she helps run an event with many other kind people. The aim is to put on a different event each year, to raise money for the Doggy Charities. This year she has hit on a subject that people often talk about with us. The Dog Whisperer on television seems to attract many, many loyal viewers who watch everything he does and pick up tips along the way. They then find that, yes indeed, some of these tips do in fact work. However, they would like to actually meet a Dog Whisperer and learn more about it. We have a couple of them on the Algarve who help out our dogs and even cats.

However, Zena knows of a lovely lady, Madeleine Walker, who has agreed to visit the Algarve and run a few courses in order to raise money for the charities.

Madeleine Walker works internationally running clinics, performing readings, and facilitating courses in animal communication and healing. During Madeleine Walker's experiences with the animals that she works with she finds herself totally engulfed in the love that emanates from our animal friends. Madeleine works with all animals from horses, cats

and dogs, to birds, dolphins, and even guinea pigs!

An Exchange of Love, this is the philosophy taught by Madeleine Walker. She teaches that our animal friends have often been with us for many, many years, and that as our life long friends, they have access to parts of our subconscious that we ourselves are too technological to tune into. In this way, when an animal 'misbehaves' to the point where the owner feels it necessary to summon help from her, Madeleine's communication with the pet, reveals traumas needing healing, not only in the animal, but also in the owner. In this way, the pet is able to 'flag up' a problem, deep-seated within their owner that they themselves might not even have been consciously aware of, until it's brought to their attention. The words, 'an exchange of love', represent the one life form's ability to heal the other. This form of communication works on many levels. First there is the one-to-one link between Madeleine and the animal on a physical and mental level. Madeleine says that all she feels at this point is a giving and receiving of overwhelming love. When trust is established, even the most apparently aggressive and dangerous animal, relaxes, and the communication begins. This can

throw up a complicated entanglement of issues, from trauma experienced by the animal in this life, or a previous one, to health issues, to incidents that have happened to the owner while they were away, causing them to return home with negative energies attached to them which have been seen by the animals and triggered the misbehavior, as they have reacted to it, to past life scenarios enacted with the same animal and same owner, that need to be revealed and healed.

Madeleine will be on The Algarve from 5th to the 14th June. She will be running 2 day courses and also offers one to one consultations at the home of Zena Camp. All proceeds (after expenses) will be donated to local animal charities. The information is listed below. For further details of the help Madeleine can offer check out her website at www.exchangeoflove.com

2 day courses at the home of Zena Camp in the Moncarapacho area:

Sat 6th and Sun 7th June
Tues 9th and Weds 10th June
Thurs 11th and Fri 12th June
€50 for the 2 days, 10 am till 4 pm (light lunch included)

A deposit of €50 will secure your place

Full Payment will be required one month before the course date. Bookings are on a first come, first served as there are limited places

Ring Zena Camp on 289791895 or
E mail hanslove@sapo.pt to book your place!

A private one to one session can be booked in advance if you have a troublesome animal that needs help

Book your time either for Friday 5th; Monday 8th; or Saturday 13th

Please support Zena and friends in there bid to raise as much money as possible to help our four legged friends.

Happy endings!



Tia at her new home...

I found Tia, via the Bianca website which I got from your brilliant newspaper The Portugal News. It's wonderful to give a new life to a dog that has been abandoned. Tia is very well and happy here. I would recommend anyone to adopt a dog from Bianca.

Julie Hodgson



Rocky at the shelter...

Last Sunday, I went to Ribatejo to deliver a dog, Rocky, to people that found us through an ad in The Portugal News. It is a very good adoption and Rocky got a very good home with lots of space and wonderful new owners.

Nesterowicz Malgorzata
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ARMELLE is a lovely young bitch who hasn't been lucky so far. The people who had her first didn't see how wonderful, faithful and sweet she is! She was dumped on the street as she was pregnant. She is a very happy little dog now, a bit possessive sometimes (understandable!), but adorable indeed! Give her a chance to share her love. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr



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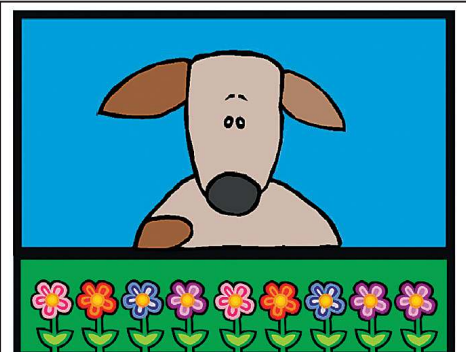
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Bravo for the delights of Verona

"A night at the opera for the masses" was the dismissive comment of a friend when he learned we were off to Verona.

Actually, he was right about the masses: up to 20,000 of us poured into the Roman amphitheatre where gladiators did battle almost 2,000 years ago.

But what a night. As the sky darkened and the moon rose, thousands in the audience lit candles which glinted and danced like fireflies.

We had chosen Verdi's Aida, which has been packing them in at the Arena di Verona since it was chosen for the inaugural production at the first annual opera festival there in 1913.

The dramatic story of love and betrayal set in the Egypt of the Pharaohs lends itself to the vast arena, where you probably need all that space to hold hundreds of soldiers, slaves, priests, courtiers and to liberate the surging power of the choral voices.

It's also perfect for displaying the lavish set, with its statues, mighty pyramid and ingeniously-suspended model elephants. The flaming torches are real enough - firemen were wait-

ing in the wings for any problems.

Even if you know nothing about opera, you'll be swept up in the passion and spectacle. Many people don't know the plot, and you see little pockets of light dotted around the arena as they follow the synopsis by torchlight.

Brief silences after a scene or a particularly beautiful aria were punctuated by a man's voice somewhere in the crowd. "Viva Verdi" or "Bravo" would ring out clearly almost as a prompt, followed seconds later by a thunder-clap of applause from everyone else.

We were in the gradinata - cheap, unreserved seats - on the stone steps high above the stage. It's not a climb for the infirm and the acoustics may suffer at this distance, but the bird's eye view you get makes up for it.

It's essential to hire a cushion (three euros) when you go in as the unforgiving limestone radiates the heat stored in the day, making for an uncomfortable perch.

The arena also provides excellent opportunities for people-watching.

Well-dressed couples - women

in velvet evening gowns, men in suit and tie - head for the stalls. In the gradinata, casual attire - even shorts and t-shirts - is the order of the day.

However, by the interval many had discarded their jackets and were fanning themselves vigorously before seeking out the drinks sellers offering everything from cola to champagne.

Streaming out with the crowds well after midnight, we found a city pulsing with life. Restaurants were taking orders, bars were packed, streets thronged.

A few minutes' walk from the Piazza Bra, site of the arena, took us to the heart of the old city, Piazza Erbe. Here we lingered over a drink at a pavement cafe, admiring the floodlit fountain topped with a Roman statue of the Madonna of Verona.

Verona is compact, with the River Adige winding through it, making it easy to see on foot.

It boasts many attractions: Roman ruins, renaissance architecture, churches with statues and frescoes, stylish shops, intriguing side streets and busy restaurants.

We stuck to the traditional pasta dishes, washed down with the local Valpolicella or Soave wines, at simple outdoor restaurants.

If you love art and the ambience of an Italian city, then it's difficult to think of anywhere better, apart perhaps than Venice, for a weekend break.

Of course, it has to be recognised that for most people Verona is inevitably linked with the doomed lovers Romeo and Juliet.

You can join the thousands on the Romeo and Juliet trail. It's probably worth visiting Juliet's house - actually it never was her house, although it was once owned by the Dal Cappello family, thus perhaps suggesting the connection with the Capulets.

Stepping onto the marble balcony to be photographed - and even touching the right breast of the Juliet statue in the courtyard to earn good luck in love - is all part of the experience, but like the t-shirts and tacky souvenirs it's a distraction from the real charms of the city.

We found it easy to get around the main landmarks on foot, though it pays to make an early start in the baking heat of summer, and we took frequent breaks for chilled drinks or a delicious, refreshing cup of fresh fruit from a market stall.

Fountains are sprinkled throughout the old city, ideal for filling a water bottle or just quenching your thirst.



Verona is compact, with the River Adige winding through it, making it easy to see on foot.

Malcesine, Lake Garda, Italy.

Close by is the Piazza Signori, with its statue of Dante gazing down on the tourists and its palazzi built by the Scaligeri family, who ruled the city in the 13th and 14th centuries. Their gothic tombs topped with spires seem like a bizarre prop from some epic fantasy film.

If you're in the mood, it's worth climbing the 275-foot Lamberti tower for views out over the city's terracotta roofs and river bridges to the surrounding hills with their cypress trees.

Another 'must see' is the Castelvecchio, or old castle, by the river. Once the home of the Scaligeris, its thick walls now house an impressive art collection, including a lot of early religious paintings but also a Reubens and a portrait by Titian as well as a collection of weapons and jewellery.

Later we crossed the river to stroll and unwind in the Giusti gardens, laid out in 1570 and described by one English traveller as a "second paradise".

The lower garden is formal with tall cypresses, statues, box-clipped hedges, gravel drives and lizards sunbathing in the midday heat. As you climb it becomes a more natural space with good views back over the city.

We set aside one day for a trip to Lake Garda, which is just 20 minutes away by train past vineyards on the Venice to Milan line. You can't expect to see much in that time of the largest of the Italian lakes, but it's enough for a taste.

We got off at Desenzano and had lunch on the palm-lined front before catching a steamer to Sirmione, a peninsula jutting out into the southern end of the lake. It boasts the spectacular

Rocca Scaligieri castle with large moat and inner harbour. Climbing the walls gives a rewarding view of narrow streets, houses with shuttered windows, cafes, elegant lake-front hotels and the blue waters and surrounding mountains.

There wasn't time to see more - we had to get back to Verona after deciding there was only one way to spend our last night there: the opera again.

We had bought tickets for Aida online weeks earlier, which is always advisable for the more popular performances. But for Puccini's La Boheme we were able to buy more expensive tickets on the day, this time by the side of the stalls.

But we found that spending less was definitely more. You may be closer to the action, but you lose that panoramic view and some atmosphere.

One thing didn't change though. That man, the mystery voice in the crowd, was back.

"Bravo," he bellowed. It was the perfect way to sum up our feelings about Verona.

Travel facts

Nigel Williams was a guest of Citalia, part of the TUI-Thomson group, which offers short breaks to Verona from £286/€322.41 per person for three nights in three-star Hotel Mastino with flights from Gatwick.

By Nigel Williams



Opera Giuseppe Verdi, Arena di Verona, Italy.



Roman ruins, Verona, Italy.

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15.10-17.30-19.50-22.10 (00.30 Fri & Sat)
2 **Monsters vs. Aliens**
Animation PV
(10.40 Sat & Sun)
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Clive Owen, Naomi Watts
13.55-16.35-19.15-22.00 (00.35 Fri & Sat)
3 **Harry Potter and the Chamber of Secrets**
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(11.00 Sat & Sun)
New in Town
Renée Zellweger, Harry Connick Jr
14.10-16.30-18.50-21.10 (23.30 Fri & Sat)
4 **Hoodwinked**
Animation PV
(10.20 Sat & Sun)
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
14.15-16.45-19.20-21.50 (00.30 Fri & Sat)
5 **Star Trek**
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(10.10 Sat & Sun) 13.05-15.50-18.40-21.30 (00.20 Fri & Sat)
6 **Ice Age**
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(11.05 Sat & Sun)
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Nicolas Cage, Rose Byrne
12.55-15.55-18.35-21.20 (00.05 Fri & Sat)
7 **Hotel for Dogs PV**
Emma Roberts, Don Cheadle
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14.00-16.40-19.10-21.40 (00.10 Fri & Sat)
8 **Inkheart**
Brendan Fraser, Eliza Bennett
(10.20-12.00 Sat & Sun)
He's Just Not That Into You
Drew Barrymore, Scarlett Johansson
19.05
Confessions of a Shopaholic
Isla Fisher, Hugh Dancy
14.25-16.50-21.45 (00.15 Fri & Sat)
9 **Max & Co.**
Animation PV
(11.10 Sat & Sun) 13.20
Última Parada 174
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21.30 (00.10 Fri & Sat)
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21.05 (00.00 Fri & Sat)
4 **New in Town**
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Animation PV
13.50

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6 **Fast & Furious**
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13.30-16.05-18.30-21.10 (23.40 Fri & Sat)
7 **Knowing**
Nicolas Cage, Rose Byrne
13.00-15.45-18.25-21.20 (23.55 Fri & Sat)
8 **X-Men Origins: Wolverine**
Hugh Jackman, Ryan Reynolds
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9 **Última Parada 174**
Michel Gomes, Chris Vianna
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Confessions of a Shopaholic
Isla Fisher, Hugh Dancy
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Diogo Morgado, Soraia Chaves
The International
Clive Owen, Naomi Watts
Knowing
Nicolas Cage, Rose Byrne
The Ruins
Jena Malone, Laura Ramsey
Fireflies in the Garden
Ryan Reynolds, Willem Dafoe
Fast & Furious
Vin Diesel, Paul Walker
Max & Co.
Animation PV
This Is England
Andrew Shim, Jo Hartley
Linha de Passe
Sandra Corveloni, João Baldasserini
Inkheart
Brendan Fraser, Eliza Bennett
Confessions of a Shopaholic
Isla Fisher, Hugh Dancy
Appaloosa
Ed Harris, Viggo Mortensen
Monsters vs. Aliens
Animation PV
He's Just Not That Into You
Drew Barrymore, Scarlett Johansson

Che: Part Two
Benicio Del Toro, Franka Potente
Duplicity
Clive Owen, Julia Roberts
Marley & Me
Owen Wilson, Jennifer Aniston
Che: Part One
Benicio Del Toro, Rodrigo Santoro
Gran Torino
Clint Eastwood, Bee Vang
The Reader
Kate Winslet, David Kross
Slumdog Millionaire
Dev Patel, Freida Pinto

LUSOMUNDO
DOLCE VITA COIMBRA
TEL: 707 246362
07 MAY-13 MAY

Star Trek
Chris Pine, Zachary Quinto
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
Salazar, A Vida Privada
Diogo Morgado, Soraia Chaves
Singularidades de uma Rapariga Loira
Catarina Wallenstein, Ricardo Trepça
The International
Clive Owen, Naomi Watts
Knowing
Nicolas Cage, Rose Byrne
Fast & Furious
Vin Diesel, Paul Walker
Eden Lake
Kelly Reilly, Michael Fassbender
Monsters vs. Aliens
Animation PV
He's Just Not That Into You
Drew Barrymore, Scarlett Johansson
Gran Torino
Clint Eastwood, Bee Vang

LUSOMUNDO
DOLCE VITA DOURO
TEL: 707 246362
07 MAY-13 MAY

Star Trek
Chris Pine, Zachary Quinto
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
Knowing
Nicolas Cage, Rose Byrne
Fast & Furious
Vin Diesel, Paul Walker
Monsters vs. Aliens
Animation PV
Che: Part One
Benicio Del Toro, Rodrigo Santoro
Salazar, A Vida Privada
Diogo Morgado, Soraia Chaves
Um Amor de Perdição
Tomás Alves, Patrícia Franco

LUSOMUNDO
PALÁCIO DO GELO
TEL: 707 246362
07 MAY-13 MAY

Star Trek
Chris Pine, Zachary Quinto
The International
Clive Owen, Naomi Watts
Fast & Furious
Vin Diesel, Paul Walker
Monsters vs. Aliens
Animation PV
The Ruins
Jena Malone, Laura Ramsey
He's Just Not That Into You
Drew Barrymore, Scarlett Johansson
Butterfly on a Wheel
Gerard Butler, Pierce Brosnan
Duplicity
Clive Owen, Julia Roberts

LUSOMUNDO
BRAGAPARQUE
TEL: 707 246362
07 MAY-13 MAY

Star Trek
Chris Pine, Zachary Quinto
Cidade dos Homens
Douglas Silva, Darlan Cunha
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
New in Town
Renée Zellweger, Harry Connick Jr
The International
Clive Owen, Naomi Watts
Knowing
Nicolas Cage, Rose Byrne
Um Amor de Perdição
Tomás Alves, Patrícia Franco
Fast & Furious
Vin Diesel, Paul Walker
Max & Co.
Animation PV
Monsters vs. Aliens
Animation PV
Che: Part Two
Benicio Del Toro, Franka Potente
Slumdog Millionaire
Dev Patel, Freida Pinto

LUSOMUNDO
DOLCE VITA PORTO
TEL: 707 246362
07 MAY-13 MAY

Star Trek
Chris Pine, Zachary Quinto
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
Singularidades de uma Rapariga Loira
Catarina Wallenstein, Ricardo Trepça
The International
Clive Owen, Naomi Watts
Knowing
Nicolas Cage, Rose Byrne
Fast & Furious
Vin Diesel, Paul Walker
Monsters vs. Aliens
Animation PV

LUSOMUNDO
MAIA SHOPPING
TEL: 707 246362
07 MAY-13 MAY

Star Trek
Chris Pine, Zachary Quinto
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
Fast & Furious
Vin Diesel, Paul Walker
The International
Clive Owen, Naomi Watts
Blonde Ambition
Jessica Simpson, Luke Wilson
Max & Co.
Animation PV
Monsters vs. Aliens
Animation PV

LUSOMUNDO
GAIA SHOPPING
TEL: 707 246362
07 MAY-13 MAY

Star Trek
Chris Pine, Zachary Quinto
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
New in Town
Renée Zellweger, Harry Connick Jr
Knowing
Nicolas Cage, Rose Byrne
The Ruins
Jena Malone, Laura Ramsey
Fast & Furious
Vin Diesel, Paul Walker
Max & Co.
Animation PV
Confessions of a Shopaholic
Isla Fisher, Hugh Dancy
Monsters vs. Aliens
Animation PV
Marley & Me
Owen Wilson, Jennifer Aniston

LUSOMUNDO
NORTE SHOPPING
TEL: 707 246362
07 MAY-13 MAY

Star Trek
Chris Pine, Zachary Quinto
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
New in Town
Renée Zellweger, Harry Connick Jr
Married Life
Pierce Brosnan, Rachel McAdams
The International
Clive Owen, Naomi Watts
Knowing
Nicolas Cage, Rose Byrne
Fast & Furious
Vin Diesel, Paul Walker
Monsters vs. Aliens
Animation PV

LUSOMUNDO
PARQUE NASCENTE
TEL: 707 246362
07 MAY-13 MAY

Star Trek
Chris Pine, Zachary Quinto
Cidade dos Homens
Douglas Silva, Darlan Cunha
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
New in Town
Renée Zellweger, Harry Connick Jr
Salazar, A Vida Privada
Diogo Morgado, Soraia Chaves
The International
Clive Owen, Naomi Watts
Knowing
Nicolas Cage, Rose Byrne
The Ruins
Jena Malone, Laura Ramsey
Fast & Furious
Vin Diesel, Paul Walker
Eden Lake
Kelly Reilly, Michael Fassbender
Confessions of a Shopaholic
Isla Fisher, Hugh Dancy
Monsters vs. Aliens
Animation PV
He's Just Not That Into You
Drew Barrymore, Scarlett Johansson

Star Trek was directed by J. J. Abrams, and is the eleventh film based on the *Star Trek* franchise and features the main characters of the original *Star Trek* series, who are portrayed by a new cast.

The greatest adventure of all time begins with *Star Trek*, the incredible story of a young crew's maiden voyage onboard the most advanced starship ever created: the U.S.S. Enterprise. On a journey filled with action, comedy and cosmic peril, the new recruits must find a way to stop an evil being - Nero (Eric Bana), a Romulan from the future - whose mission of vengeance threatens all of mankind.

The fate of the galaxy rests in the hands of bitter rivals. One, James T. Kirk (Chris Pine), is a delinquent, thrill-seeking Iowa farm boy. The other, Spock (Zachary Quinto), was raised in a logic-based society that rejects all emotion. As fiery instinct clashes with calm reason, their unlikely but powerful partnership is the only thing capable of leading their crew through unimaginable danger, boldly going where no one has gone before!

Cast

Chris Pine as James T. Kirk. After getting the part, Pine sent William Shatner a letter and received a reply containing the original Kirk's approval. Pine watched classic episodes and read encyclopaedias about the *Star Trek* universe, but stopped as he felt weighed down by feeling he had to copy Shatner. Pine felt he had to show Kirk's "humour, arrogance and decisiveness", but not Shatner's speech pattern, which would have bordered on imitation. Pine said when watching the original series, he was also struck by how Shatner's performance was characterized by humour.

Zachary Quinto as Spock. Quinto pursued the role as he was interested in the duality of Spock's half-human, half-Vulcan heritage. He bound his fingers to practice the Vulcan salute, shaved his eyebrows and grew and dyed his hair for the role. He conveyed many of Spock's attributes, such as his stillness and the way Nimoy would hold his hands behind his back.

Leonard Nimoy reprises his role as the old Spock, who has come from the future to provide help. Nimoy befriended Quinto after he was cast. Although Quinto watched some episodes of the show during breaks in filming, Nimoy was his main resource in playing Spock. He was "genuinely excited" by the script's scope and its detailing of the characters' backstories. Abrams said "it was surreal to direct him as Spock, because what am I doing there? This guy has been doing it for forty years".

Karl Urban as Dr. Leonard "Bones" McCoy. Like Pine, Urban said of taking on the role that "it is a case of not doing some sort of facsimile or carbon copy, but really taking the very essence of what DeForest [Kelley] has done and honouring that and bringing something new to the table". Urban has been a fan of the show since he was seven years old and actively pursued the role after rediscovering the series on DVD.

Zoe Saldana as Uhura. Abrams had liked her work and requested that she play the role. She met with Michelle Nichols, who explained to her how she had created the character.

Simon Pegg as Montgomery "Scotty" Scott. Pegg was the only actor who did not audition: Abrams just sent him an e-mail asking if he wanted to play the part.

John Cho as Hikaru Sulu. Abrams was concerned about casting a Korean-American as a Japanese-American character, but George Takei explained to the director that Sulu was meant to represent all of Asia on the Enterprise, so Abrams went ahead with Cho.



Anton Yelchin as Pavel Chekov, Yelchin decided to carry on Walter Koenig's speech patterns of replacing "v"s with "w"s.

Eric Bana as Nero, the film's time-travelling Romulan villain.

Majel Barrett, the widow of *Star Trek* creator Gene Roddenberry, reprised her role as the voice of the Enterprise's computer, which she completed two weeks before her death. The film was dedicated to her as well as Gene, who was always going to have the film dedicated to him as a sign of respect.

William Shatner wanted to appear as the old Kirk, despite the death of the character in *Star Trek Generations*. Abrams stated, "You and I could come up with dozens of ways [to resurrect Kirk], but every way that we came up with felt like it was fans trying to get Shatner in the movie," and that ultimately, if his character was accompanying Nimoy's, it would have become a film about the resurrection of Kirk, and not about introducing the new versions of the characters.



Film Classification

Star Trek - M/12
Cidade dos Homens - M/12
X-Men Origins: Wolverine - M/12
New in Town - M/12
Married Life - M/12

Closing the Ring - M/12
The International - M/12
Knowing - M/12
The Ruins - M/16
Fireflies in the Garden - M/12
Fast & Furious - M/12
Max & Co. - M/6

Blonde Ambition - M/12
This Is England - M/12
Inkheart - M/12
Confessions of a Shopaholic - M/6
Appaloosa - M/12
The Strangers - M/16
Monsters vs Aliens - M/4

M/4 - Suitable for audiences aged four years and over
M/6 - Suitable for audiences aged six years and over
M/12 - Suitable for audiences aged 12 years and over
M/16 - Suitable for audiences aged 16 years and over
M/18 - Suitable for audiences aged 18 years and over



HIGHLIGHTS



LISBON - Until May 30 - Photo Exhibition 'Timeline' by João Leonardo at Galeria 111 - Born in 1972, Mozambique, Pedro Gomes lives and works in Lisbon. He studied Fine Arts at Ar.Co, Centro de Arte e Comunicação Visual, Lisbon, and completed an MA Sculpture at Chelsea College of Art in London. He has participated in many national and international exhibitions and his work is present in several public and private collections, such as: Fundação Calouste Gulbenkian, António Calhola Collection, PLMJ Associados - T. 226 - 093 279



PORTO - Until May 30 - Exhibition 'Amnésia' by Pedro Gomes at Galeria 111 - Rua D. Manuel II - Born in 1972, Mozambique, Pedro Gomes lives and works in Lisbon. He studied Fine Arts at Ar.Co, Centro de Arte e Comunicação Visual, Lisbon, and completed an MA Sculpture at Chelsea College of Art in London. He has participated in many national and international exhibitions and his work is present in several public and private collections, such as: Fundação Calouste Gulbenkian, António Calhola Collection, PLMJ Associados - T. 226 - 093 279

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Música ao Vivo

MOVIMENTO RHAKATTA

9 Maio » 22:30

chá d'ARTE

Casa de Chá & Galeria de Arte

Lp 4 Dom Pedro I, n.º 5-6, 8100-519 - LISBOA

LISBON - June 3 - The ACDC will be performing in a live concert at the Estádio José Alvalade - a spectacular music event! If you are dead eager to watch ACDC in Portugal, it is now the time and the place to order your ACDC Estádio José Alvalade tickets for this dazzling ACDC concert - Ticket price: €189 - You can buy your tickets directly at the Estádio Alvalade in Lisbon or at the same places shown below or at Worldticketshop.com - Your Ticket To Fun!

LAGOS & MOCHIQUE - monthly writing workshops - writing memoirs & writing short fiction - All welcome - Saturdays 14h30 to 16h30 at The Owl Story Bookshop in Lagos and the Bica Boa in Mochique - For more details and to reserve a place visit www.lisaselvidge.com or call Lisa on 962 887 680

SOUTH

ALMANCEL

MAY 15

Couleur France 'Extravaganza Evening' at the Couleur France Restaurant which for €55 per person includes five dishes, accompanied by wines selected from the Quinta do Crasto line. To see a preview of the menu, see website www.couleur-france.net, under 'events' - T. 289 399 515

UNTIL MAY 15

João Cutileiro and José de Guimarães - Works from the 80s and 90s - at Centro Cultural São Lourenço - Open every day (except Monday) from 10h00-19h00 - Open also on Sundays and holidays - T. 289 395 475 / F. 289 393 281 - ccsl@iol.pt

ARMAÇÃO DE PERA

MAY 21

The multi-cultural Aperitivo Performance Group present 'Bouncers' - 21h00 - Theatre Dinner - Hotel Garbe - €30 (include 3-course Indian dinner, wine & coffee) - For more information or to book please phone 282 320260 or E-mail: info@hotelgarbe.com

FARO

MAY 15

FIMA 2009 - Concert by Orquestra Nacional do Porto conducted by Christoph König with Mário Laginha - Teatro das Figuras - 289 888 100

UNTIL MAY 23

Opening of the Collective Art Exhibition 'Um Olhar, 4 Dimensões, at 20h00 at the Gallery of Conservatório Regional do Algarve Maria Campina - Jerónimo Matos Costa, Oscar Gomes, Paulo Filipe and Rosilda Gomes Bezerra - Av. Dr. Júlio Filipe Almeida Carrapato - T. 289 870 490 / 969 530 263

FERRAGUDO

MAY 15

Open Evening at Bongard Studio - From 18h00 onwards - After complete renovation the studio presents a wide collection of tile and clay sculpture works - An evening with a difference at Atelier Bongard - (200 metres before entering the village, coming from Portimão direction) - T. 282 461383 / 968362930.

LAGOA

MAY 9

Show by Tomás Kubinek 'Certified Lunatic and Master of the Impossible...' - Municipal Auditorium - 21h30 - 282 380 434

UNTIL MAY 31

Homage to world renown Portuguese painter Costa Camelo whose works are on exhibition at Manuel Gamboa Exhibitions Room at Convento S. José - Rua Joaquim Eugénio Júdice - The exhibition will run until May 27 - T. 282 380 434

SOUTH

DAILY

Quinta dos Vales - Wine and art - Quinta dos Vales - Sítio dos Vales, Caixa P. 112, 8400-031 Estombar (near Lagoa) - T. 282431036 - F. 282431189 - quintadosvales.eu

LAGOS

MAY-JUNE

14 years later... Art exhibition MALA at the Slavemart - from 16-30 Oct. 2009, in Barão de S. João at Florestal restaurant, and www.aidanbremner.com. Contacts: 00351-919211557, annegret.aidan@sapo.pt

MONDAYS

The New Orleans Jazz Band - Free concert - 20h30 - Tivoli Hotel - Rua Vasco da Gama - T. 289 591 804

MONTHLY

Writing Workshops - Writing Memoirs & Writing Short Fiction - All welcome - Sat. 14h30 - 16h30 at The Owl Story Bookshop, Lagos and the Bica Boa, Mochique. For more details and to reserve a place visit www.lisaselvidge.com or call Lisa on 962887680

PORTIMÃO

MAY 13

Ballet 'Cinderella' by the Russian Classical Ballet - Centro de Congressos do Arade - Location: Encosta do Arade in Parchal - T. 282 498 577 - www.fima.pt - www.pavilhao-arade.com

UNTIL MAY 24

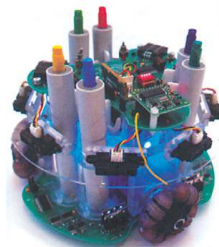
Exhibition 'Gosto de Mulheres' a portrait of the creativity of Portuguese women in the arts field like sculpture, painting, jewellery, photography, music, cinema, literature, cookery... - Arade Gallery - Fairs & Exhibitions Park - 962505344 / 964974274

TUESDAYS

The New Orleans Jazz Band - Mariner's Bar/Restaurant - Rua Santa Isabel - Reservations: 914 806 310

TAVIRA

UNTIL JUNE 28



Exhibition 'RAP - A Portuguese Robot in New York' - RAP (Robotic Action Painter) is a robot created by the artist Leonel Moura that creates original drawings and decides when the work is completed and signs with its name in the lower right corner - Palácio da Galeria Educativa Services of Tavira Municipal Museum - 281 320 500 (Ext. 324) - edu.museus@cm-tavira.pt

NORTH

UNTIL MAY 17

Exhibition 'Guy Tillim: Avenue Patrice Lumumba' at Serralves Museum - Guy Tillim's work consists of approximately 60 large photographs of modernist architecture in Congo, Angola, Mozambique, Benin and Madagascar. His work addresses the failed utopias of modernity and the difficulties faced by African peoples in their recent history - The museum is situated on Rua D. João de Castro, 210 - T. 226 156 500 / Info: 808 200 543

UNTIL MAY 17

Exhibition 'Bethan Huws: Fountain' - Serralves Museum from 22h00 to 24h00 - T. 808 200 543

WWW.THE-NEWS.PT

CENTRE

CASCAIS

UNTIL MAY 31



CASCAIS - Exhibition 'Ecos do Brasil' by Gutemberg Coelho and Márcio Bahia at Galeria Tons da Baía - Rua Frederico Arouca (Rua Direita) n.º 24 - Tls. 968 212 661 (Getemberg) & 967 294 781 (Márcio).

DAILY

Cascais Cultural Centre - Concerts, shows, exhibitions, & other events. - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - 214848900

DAILY

Sea Museum - Rei D. Carlos - Rua Júlio Pereira da Mello in Cascais - 214825400

WWW.THE-NEWS.NET

ESTORIL

Casino Estoril - Shows, games, concerts, lots of entertainment and Art Gallery - Info: estoril@estoril-sol.com 214667700 - 214825400

GOLEGÁ

UNTIL MAY 31

Paintings & Etchings by Mary St. George - Galeria de Arte 'João Pedro Veiga' - Rua D. João IV, 2150 Golegã - T. 249 979 000 - Tue-Sun (closed Mon & holidays) - 9h30-18h00 - www.zhibit.org/marystgeorge

LISBON

MAY 16 TO JUNE 7

CIRQUE DU SOLEIL / VAREKAI 2009 - Grand Chapiteau, Parque Tejo, Passeio dos Heróis do Mar, lote 6.18P, Sacavém/Loures (after Vasco da Gama bridge) - Tickets: €39 - €64 adults, €29 - €54 children - Tue-Fri: 21h30; Sat: 17h30 & 21h30; Sun: 16h30 & 20h30 - Ticket sales: As shown on page below.

MAY 24 TO JUNE 15

78th Lisbon Book Fair - Parque Eduardo VII - 132 participants with 203 pavilions (11 dedicated to children) - www.feiradolivrodelisboa.pt

LISBON SUMMER CONCERTS:

- **May 9** - 22h00 - Dance Music - Sensation Presented by Samsung Mobile - Pavilhão Atlântico - **May 14** - Sky Fest 'World Music, Jazz & Blues' - Edson Cordeiro with The Klazz Brothers - Oceanos Auditorium of Casino Lisboa - **May 15** - Nneka - Oceanos Auditorium of Casino Lisboa - **May 16** - Dynamics- Arena Lounge of Casino Lisboa (Free Entrance) - **May 17** - Lila Downs- Oceanos Auditorium of Casino Lisboa (Free Entrance) - **May 18** - 21h00 - Pop/Rock - Beyoncé I Am... Tour - Pavilhão Atlântico - **May 29** - 21h00 - Pop/Rock - Here and Now The Very Best of the 80s - Rick Astley, Kim Wilde, ABC, Nik Kershaw, Belinda Carlisle and Curiosity Killed the Cat - Pavilhão Atlântico - **May 30** - 20h00 - Sports Show - Harlem Globetrotters - Pavilhão Atlântico - **June 9** - 19h00 - Pop/Rock - Lisbon Calling - Pavilhão Atlântico - **June 25 & 28** - at 21h15 & 16h00 - Musical - Mamma Mia - Pavilhão Atlântico - **June 27** - Concert by the British singer and songwriter Elton John - Restelo Stadium - **July 4** - 21h00 - Pop/Rock - Kylie Minogue - Pavilhão Atlântico - **July 22** - 21h00 - Pop/Rock - Eagles 'Long Road out of Eden' - Pavilhão Atlântico - **July 25** - 21h00 - Pop/Rock - Anastacia - Pavilhão Atlântico - **July 30** - 21h00 - Pop/Rock - Leonard Cohen at Pavilhão Atlântico



Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.

Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: Ticketline 707 234 324

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Football Focus. (T) 12.00 BBC News; Weather. (T) 12.10 Formula 1: The Spanish Grand Prix - Qualifying. Live coverage from the Circuit de Catalunya in Barcelona. (T) 2.15 Live Rugby League. Wakefield Trinity Wildcats v Wigan Warriors (Kick-off 2.30pm). (T) 4.30 Final Score. (T)

5.10 Weakest Link. Anne Robinson hosts the general knowledge quiz. (R) (T)
5.55 BBC News; Regional News; Weather. (T)
6.15 Robin Hood. There is a heatwave in Nottingham, so Prince John hits the locals where it hurts them most by taking control of the water supplies. Luckily, Kate discovers the prince's secret stash, prompting the outlaws to set out to steal back what's rightfully theirs. The operation becomes complicated, however, when the tyrant finds out about Robin's relationship with Isabella, and orders Gisborne to dispose of the pair. (T)
7.00 Tonight's the Night. Alesha Dixon performs a duet with an 11-year-old fan, an infatuated 12-year-old is introduced to Zac Efron and a student gets to share the stage with the cast of Lord of the Dance. (T)

8.00 The National Lottery: 1 vs 100. Ben Shephard hosts the quiz in which one contestant takes on 100 opponents in a bid to win big-money prize. Includes the National Lottery draws. (T)
8.50 BBC News; Weather. (T)
9.10 Casualty. Jordan is unable to stick to the terms of his secret arrangement with Adam. Curtis and Alice make plans to flee Tony's wrath, and Dixie tries to help Jeff reconcile with his wife. (T)
10.00 Reggie Perrin. Reggie searches for a new focus in life and enjoys teaching at Nicola's school, but when he invites the class to Groomtech, the trip fails to go to plan. Martin Clunes stars. (R) (T) National Lottery Update. (T)

10.30 Match of the Day. Gary Lineker presents highlights of today's Premier League clashes, including three matches that were likely to have a major bearing on which sides are relegated this season, as Hull City faced Stoke City at the Kingston Communications Stadium, Blackburn Rovers took on Portsmouth at Ewood Park and Bolton Wanderers welcomed Sunderland to the Reebok Stadium. Plus, Liverpool continued their title challenge with a trip to Upton Park to take on West Ham United. (T)
11.50 FILM: Paycheck (2003). Thriller, starring Ben Affleck. (T)
1.40 Friday Night with Jonathan Ross; (R) (T) Weatherview. (T) 2.45 BBC News. (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 CBBC: Funky Fables. (R) (T) 7.15 Eliot Kid. (R) (T) 7.25 Dinoplasia. (R) (T) 7.50 Wolverine and the X-Men. (R) (T) The Owl. (R) (T) 8.15 Sportsround. (R) (T) 8.30 What's New Scooby-Doo? (R) (T) 8.50 Frankenstein's Cat. (R) (T) 9.00 Sorry, I've Got No Head. (R) (T) 9.30 Hotel Trubble; (R) (T) Diddy Dick & Dom. (R) (T) 10.00 Dani's House. (R) (T) 10.30 Dani's House. (R) (T) 11.00 The Story of Tracy Beaker. (R) (T) 11.30 Young Dracula. (R) (T) 12.00 BBC Switch: Winging It. (T) 12.30 BBC Switch: Sound. (T) 1.00 Racing from Ascot and Haydock Park. Live coverage of this afternoon's races. (T) 2.40 The Sky at Night. (R) (T) 3.00 FILM: She Wore a Yellow Ribbon (1949). Western, starring John Wayne. (T) 4.40 FILM: Zulu Dawn (1979). Fact-based historical drama, starring Burt Lancaster. (T) 6.30 Planet Earth. (R) (T) 7.30 Dad's Army. Captain Mainwaring and the platoon prepare to welcome the first American troops to Walmington-on-Sea. (R) (T) 8.00 The Birth of British Music. New series. Charles Hazlewood explores the origins of British music. (T) 9.00 Have I Got a Bit More News for You. With presenter Jack Dee and panellists Clare Balding and Fred MacAulay. Extended version of Friday's show. (T) 9.40 Bill Bailey's Remarkable Guide to the Orchestra. The comedian applies his wit to the world of classical music. (T) 10.40 FILM: The Night Listener (2006). Premiere. Mystery thriller, starring Robin Williams. (T) 12.00 FILM: The Big White (2005). Black comedy, starring Robin Williams. (T) 1.35 Mad Men. (R) (T) 2.25 FILM: Committed (2000). Comedy, starring Heather Graham. (T) 3.55 Inside F1. (T) 4.20 Close.

Pick of the Day

Bring Back - Star Trek (C4, 9pm)

Back in the 1960s, when writer and producer Gene Roddenberry had an idea for a sci-fi series inspired by Wagon Train, many TV bosses thought he was mad. However, Gene had the last laugh, creating one of the biggest TV smashes in history. It launched a multi-billion dollar franchise that spanned 10 films, assorted spin-off shows and no end of merchandise. However, when the last movie, Nemesis, bombed in 2002, and the final show Enterprise was cancelled, Trekkers were left pining for more. Movie bosses had little interest in a Deep Space Nine, Voyager or Enterprise film-series franchise, but Paramount knew something both fresh and familiar was called for to resurrect the series. Step forward JJ Abrams, one of the brains behind cult TV shows Alias and Lost, and blockbuster movie Mission: Impossible III. With Abrams's Star Trek film now making millions of dollars at the box office, Justin Lee Collins launches a timely mission. The hirsute Bristolian will boldly go in search of the cast of the original series. However, whether William Shatner (Kirk), Leonard Nimoy (Spock), George Takei (Sulu), Nichelle Nichols (Uhura) and Walter Koenig (Chekov) will play ball is a different matter. His previous attempts to Bring Back Dallas, Grange Hill and Star Wars have been hit-and-miss affairs, so let's hope this one's set to stun.

C4

5.50 The Hoobs. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 World Sport. 7.30 British GT Championship. 8.00 The Morning Line. (T) 8.55 T4: One Tree Hill. (T) 9.50 T4: Friends. (R) (T) 10.20 T4: Friends. (R) (T) 10.50 T4: Alexa's Top 20 Headline Grabbers. (T) 11.50 T4: The Enemy: Video Exclusive. 11.55 T4: Shipwrecked 2009: Battle of the Islands. (R) (T) 1.00 T4: Scrubs. (R) (T) 1.30 T4: Scrubs. (R) (T) 2.00 Channel 4 Racing from Lingfield Park, Nottingham and Haydock Park. Including the 3.15 tatespot.com Derby Trial Stakes (1m 3 1/2f). (T) 4.00 Come Dine with Me. (R) (T) 4.30 Come Dine with Me. (R) (T) 5.00 Come Dine with Me. (R) (T) 5.30 Come Dine with Me. (R) (T) 6.00 Come Dine with Me. (R) (T) 6.30 Channel 4 News. (T) 7.00 Endgame. Political thriller about the true story of a businessman who helped dismantle apartheid in South Africa. Starring Jonny Lee Miller, William Hurt, Chiwetel Ejiofor and Clarke Peters. (R) (T) 9.00 Bring Back - Star Trek. Justin Lee Collins tries to reunite the cast of the original TV series. His targets include William Shatner (Kirk), Leonard Nimoy (Spock), George Takei (Sulu) and Nichelle Nichols (Uhura). (T) 10.35 FILM: Star Trek: Nemesis (2002). Sci-fi adventure, starring Patrick Stewart. (T) 12.45 FILM: Being John Malkovich (1999). Fantasy comedy, starring John Cusack. (T) 2.45 Dog's Mercury. (R) (T) 3.10 Empires of Stone. (R) (T) 4.10 Time Team. (R) (T) 5.00 Countdown. (R) (T) 5.45 Making It. (R) (T) 5.50 The Hoobs. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Mio Mao. (R) (T) 7.05 Ebb and Flo. (R) (T) 7.10 Franklin. (R) (T) 7.40 Hana's Helpline. (R) (T) 7.55 Olivia. (R) (T) 8.00 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.20 Animal Families. (R) (T) 8.35 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.50 Roorbarr and Custard Too. (R) (T) 9.00 Roary the Racing Car. (R) (T) 9.15 Rupert Bear. (R) (T) 9.30 The Milkshake! Show. (R) (T) 10.00 The Grid. (T) 10.30 The Gadget Show. (R) (T) 11.30 Ol Riggers. (R) (T) 12.30 FILM: Brave Warrior (1952). Western adventure, starring Jay Silverheels. (T) 2.00 FILM: The Violent Men (1955). Western, starring Edward G. Robinson. (T) 3.45 FILM: Three Ninjas: High Noon at Mega Mountain (1998). Comedy adventure sequel, starring Hulk Hogan. (T) 5.25 FILM: The Mighty Ducks (1992). Comedy, starring Emilio Estevez. (T) 7.10 Five News. (T) 7.15 Cricket on Five. England v West Indies. Mark Nicholas presents highlights from the fourth day of the First Test at Lord's, as play continued in the opening game of the two-Test series. (T) 8.00 NCIS. A helicopter is found in a crop circle. (R) (T) 9.00 NCIS. A case stirs up bad memories for Ducky. (R) (T) 10.00 CSI: NY. The wife of a former CSI is found dead in a motel room. (T) 11.00 Law & Order. (T) 12.00 Quiz Call. 4.00 The Gadget Show. Digital downloads, voice-recognition software and an unusual vehicle. (R) (T) 4.45 Animal Rescue Squad. (R) (T) 5.00 Hana's Helpline. (R) (T) 5.15 The Milkshake! Show. (R) (T) 5.40 Thomas & Friends. (R) (T) 5.50 Roary the Racing Car. (R) (T)

LOCAL

RTP1
0630 Children TV 0800 Bom Dia Portugal 1100 Portugal Sem Fronteiras 1300 News 1415 Top+ 1530 Febre da Dança 1630 Serenidade, film 1830 Viva Faia 2000 News 2045 Voz do Cidadão 2100 Football: Sporting vs Setúbal 2300 Football Highlights 2330 Saw III, film 0130 Close to Home, series 0300 American Gun, film 0415 Tele sales

RTP2
0700 Euronews 0800 África 7 Dias 0830 Notícias de Portugal 0900 Open University 1000 Zig Zag 1230 Gulliver, film 1400 Parlamento 1500 Sports 1900 Bairro Alto 1945 The Class, series 2045 Cenas da Vida Real 2145 A Hora da Sorte 2200 News 2240 Climax, film 0030 Central do Brasil, film 0230 Sports 0615 Euronews

SIC
0600 Etnias 0645 Sic Kids 0830 Disney Kids 1000 Star Wars: Clone Wars, series 1030 Programa da Lucy 1200 Planet Earth 1300 News 1400 Episódio Especial 1445 Film 1630 Film 1815 Film 2000 News 2130 Tá a Gravar 2230 Atreve-te a Cantar 2345 Guinness, O Mundo dos Recordes 0045 Torna Lá Dá Cá 0130 CSI New York, series 0230 Quando o Telefone Toca

TVI
0700 Children TV 0930 Smackdown, wrestling 1030 Campeões e Detectives 1115 Deluxe 1215 Antevésio 1300 News 1415 1600 Film 1800 Film 2000 News 2130 Flor do Mar 2230 Feitiço do Amor 2330 Olhos nos Olhos 0015 Os Novos Deuses Mandamentos, film 0230 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Tele sales

Best of the Rest

BBC3
7.00 Top Gear 8.00 Kasabian at Radio 1's Big Weekend 9.30 Little Britain 10.00 Film: 16 Blocks 12 (2006) 11.35 Live at the Apollo 12.20 Family Guy 12.40 American Dad! 1.05 Two Pints of Lager and a Packet of Crisps 1.35 Snog, Marry, Avoid? 2.05 Bizarre ER 2.35 Doves and the Script at Radio 1's Big Weekend 3.30 Two Pints of Lager and a Packet of Crisps 4.00 Snog, Marry, Avoid? 4.30 My Life As an Animal 5.30 Close

BBC4
7.00 Ford's Dagenham Dream 8.00 Britain's Best Drives 8.30 Caravans: A British Love Affair 9.30 The Car's the Star 9.40 Mark Lawson Talks to Ian Hislop 10.40 Penelope Keith and the Fast Lady 11.40 History of the Future: Cars 12.10 The Car Show 1.10 The Joy of Motoring 2.10 Mark Lawson Talks to Ian Hislop 3.10 Ford's Dagenham Dream 4.10 Close

ITV2
1.40 The Planet's Funniest Animals 2.10 Britain's Got More Talent 3.05 Gossip Girl 4.05 American Idol 5.05 American Idol 6.05 Film: Junior PG (1994) 8.15 Animals Do the Funniest Things 9.15 Britain's Got

More Talent 10.15 The Justin Lee Collins Show 11.15 Britain's Got Talent 12.15 Britain's Got More Talent 1.20 Breaking Up with Shannen Doherty 1.50 Teleshopping 4.50 ITV2 Nightstep 5.00
1.00 Don't Forget the Lyrics 2.00 It's Me or the Dog USA 3.00 It's Me or the Dog USA 4.00 Guinness World Records Smashed! 5.00 Oops TV 5.30 Ooops TV 6.00 American Gladiators 7.00 The Simpsons 7.30 The Simpsons 8.00 Futurama 8.30 Futurama 9.00 Lost 10.00 Bones 11.00 Bones 12.00 Ross Kemp: Return to Afghanistan 1.00 24 1.50 Road Wars 2.45 Road Wars 3.40 Street Wars 4.35 Weeds 5.00 Brainiac: Science Abuse

G.O.L.D
1.15 Blackadder Goes Forth 1.55 Last of the Summer Wine 3.15 Last of the Summer Wine 3.55 Steptoe and Son 4.35 Blackadder II 5.15 Steptoe and Son 5.55 One Foot in the Grave 6.35 Blackadder Goes Forth 7.15 Only Fools and Horses 9.00 Jonathan Creek 10.10 The Thin Blue Line 10.50 Only Fools and Horses 12.35 Bread 1.10 Charlie's Angels 2.10 Charlie's Angels 3.00 Close

TCM
1.00 To Have and Have Not U (1944) 3.00 The Five Pennies U (1959) 5.00 Key Largo PG (1948) 7.15 What's Up, Doc? PG (1972) 9.00 Midnight in the Garden of Good and Evil 15 (1997) 12.05 Showdown in Little Tokyo 18 (1991) 1.35 Sarcorow 18 (1973) 3.25 The Marseilles Contract (1974) 5.00 Lost in a Harem U (1944)
The Disney Channel
Kids' programmes from 7am, except:

Sky Movies Drama

6.00 Sam Churchill: Search for a Homeless Man PG (1998) 7.45 Cop Dog PG (2008) 9.15 35MM 9.45 Amazing Grace PG (2006) 11.45 The Children of Huang Shi (2008) With Jonathan Rhys Meyers. 1.55 Wolverine Special 2.15 The Trench 15 (1999) With Daniel Craig. 4.00 The Siege 15 (1998) With Denzel Washington. 6.00 Georgia Rule 15 (2007) With Jane Fonda. 8.00 PS I Love You 12 (2007) With Hilary Swank. 10.10 Charlie Wilson's War 15 (2007) With Tom Hanks. 11.55 Sleepers 18 (1996) With Brad Pitt. 2.25 Killer: A Journal of Murder 18 (1995) With James Woods. 4.05 The Top 10 Show 4.20 Loss of Faith PG (1997)

Sky Movies Comedy

7.20 The Top 10 Show 7.35 To Wong Foo, Thanks for Everything! Julie Newmar PG (1995) 9.25 I Think I Love My Wife 15 (2007) 11.05 Fire Creatures 12 (1997) With John Cleese. 12.45 Evan Almighty PG (2007) With Steve Carell. 2.25 Knocked Up 15 (2007) With Seth Rogen. 4.40 Fierce Creatures 12

(1997) With John Cleese. 6.20 Evan Almighty PG (2007) With Steve Carell. 8.00 Knocked Up 15 (2007) With Seth Rogen. 10.15 Good Luck Chuck 15 (2007) With Dane Cook. 12.00 I Think I Love My Wife 15 (2007) With Chris Rock. 1.40 Good Luck Chuck 15 (2007) With Dane Cook. 3.25 The Big Hit 18 (1998) 5.20 To Wong Foo, Thanks for Everything! Julie Newmar PG (1995)

Sky Movies Action/Thriller

6.25 Pirates of the Caribbean: At World's End 12 (2007) 9.15 Jaws 2 PG (1978) 11.15 Jaws 3 12 (1983) With Dennis Quaid. 1.00 Jaws: The Revenge 12 (1987) With Michael Caine. 2.40 The Bone Collector 15 (1999) With Denzel Washington. 4.40 Twister PG (1996) With Helen Hunt. 6.40 The Matrix 15 (1999) With Keanu Reeves. 9.00 Beowulf 12 (2007) With Ray Winstone. 11.00 The Bone Collector 15 (1999) With Denzel Washington. 1.00 Twister PG (1996) With Helen Hunt. 2.55 Dead Presidents 18 (1995) With Larenz Tate. 5.00 Back in Business PG (2007)

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ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 The Crocodile Hunter Diaries. (R) (T) 10.25 Quincy ME. (T) 11.25 FILM: Columbo: Make Me a Perfect Murder (1978). Crime drama, starring Peter Falk. (T) 1.15 ITV News and Weather; Weather. (T) 1.20 FILM: Carry On Cowboy (1966). Comedy, starring Sid James. (T) 3.05 FILM: Every Which Way But Loose (1978). Action comedy, starring Clint Eastwood. (T)

5.15 London Tonight; Weather. (T)
5.30 ITV News and Weather. (T)
5.45 You've Been Framed! Harry Hill narrates a selection of camcorder calamities and viewers' mobile phone footage, including animal antics in Pets Got Talent, bad singers and women behaving badly. (R) (T)
6.15 All Star Mr & Mrs. Game show, with Coronation Street actor Alan Halsall, TV presenter Ulrika Jonsson and Status Quo's Rick Parfitt. Fern Britton and Phillip Schofield host. (T)

7.15 Primeval. A wounded dinosaur, a Dracorex, appears when an anomaly opens in the middle of a car breaker's yard. Just as the team is trying to force it back, a medieval knight gallops through the portal, chasing what he believes to be a dragon. While Becker, Abby, Danny and Connor split up to pursue the dangerous beast and the fierce warrior, Sarah seizes the opportunity to step back in time. Hannah Spearritt and Laila Rouass star. (T)
8.15 Britain's Got Talent. The search for new talent continues as more acts take their turn in the spotlight in front of a studio audience and judges Simon Cowell, Amanda Holden and Piers Morgan. Hoping to avoid the sound of the panel's buzzers, the auditionees compete for a #100,000 prize and a slot at this year's Royal Variety Performance. Hosted by Ant and Dec. (T)

9.15 ITV's Best Ever Ads. Phillip Schofield and a host of celebrities remember the adverts that have become as popular as TV programmes. Commercial clips include the Smash Martians, the Milky Bar Kid, the Guinness surfers and the saucy instalments of the God Blend campaign. With contributions by the stars of the ads and famous faces including Simon Cowell, Lorraine Kelly, Les Dennis, Michael Aspel and Gary Lineker. (R)

10.15 ITV News and Weather; Weather. (T)
10.30 FILM: Red Dragon (2002). An FBI agent seeks imprisoned killer Hannibal Lecter's aid in tracking down a murderer. Thriller prequel, starring Anthony Hopkins and Edward Norton. (T)
12.50 Six Degrees; (R) (T) ITV News Headlines. 1.35 FILM: Real Women Have Curves (2002). Premiere. Comedy drama, starring America Ferrera. (T) 3.05 ITV Nightstream.

SPORT

Sky Sports 1

6.00 Off The Bar 6.30 Football League 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Soccer AM 12.00 Soccer Saturday 12.30 Live Football League. The first leg of a League One play-off semi-final (Kick-off 12.45pm). 3.00 Soccer Saturday 5.15 Live Football League. A Championship play-off semi-final second-leg match (Kick-off 5.20pm). 7.30 You're on Sky Sports! 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 2.45 Football First 4.15 Football League 5.45 Sky Sports Classics

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Test Cricket 8.30 Live Rugby Union. Chiefs v Hurricanes (Kick-off 8.35am). 10.30 Live Test Cricket. England v West Indies. 6.55 Live Spanish Football. Sevilla v Real Mallorca (Kick-off 7.00pm). 9.00 Live Spanish Football. Valencia v Real Madrid (Kick-off 09.00pm). 11.00 NFL: Total Access 12.00 Live NASCAR. The Southern 500. 4.30 Max Power 5.30 Sports Series

Sky Sports 3

6.00 Sports Unlimited 7.00 TBA 9.00 WWE: Smackdown 11.00 WWE: Bottom Line 12.00 World Sport 12.30 TBA 2.30 Live Premiership Rugby Union. Leicester Tigers v Bath (Kick-off 3.00pm). 5.00. Live Premiership Rugby Union. Harlequins v London Irish (Kick-off 5.30pm). 7.30 Champions League Weekly 8.00 Test Cricket 10.00 WWE: Late Night - Smackdown 12.00 Football League 1.30 Spanish Football 3.00 Extreme

Championship Wrestling 4.00 Champions League Weekly 4.30 World Sport 5.00 Sports Unlimited

British Eurosport

7.30 Rallying 8.00 Inside the Team 8.30 Planet Armstrong 8.45 UEFA Cup Football 9.45 UEFA Cup Football 11.00 Live UEFA Under-17s Championship Football. Spain v France (Kick-off 11.00am). 12.45 Live UEFA Under-17s Championship Football. Germany v England (Kick-off 1.00pm). 2.45 Live Cycling. Stage one of the Giro d'Italia. 4.30 Snooker 6.00 WTA Tennis 7.10 Planet Armstrong 7.15 Show Jumping 8.15 Live Rallying. The Rally Accores. 8.45 Live Snooker. The World Series Final. 12.00 Cycling 1.00 Close

Sky Sports Xtra

6.00 Race World 7.00 Max Power 8.00 Tight Lines 9.00 Race World 10.00 Max Power 11.00 Ocean Race 11.30 Racing News 12.00 Live European Tour Golf. The Italian Open. 4.00 Ocean Race 4.30 World Sport 5.00 WWE: Bottom Line 6.00 Live Speedway. The European Grand Prix. 9.00 Golf Night 11.00 The Super 14 Show 1.00 Premiership Rugby Union 3.00 Test Cricket 5.00 Ocean Race 5.30 Champions League Weekly

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

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BBC1

6.00 Breakfast. (T) 7.35 Match of the Day. (R) (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 The Politics Show. (T) 12.10 Formula 1: The Spanish Grand Prix. Live coverage from the Circuit de Catalunya in Barcelona (Start-time 1.00pm). (T) 3.15 EastEnders. (T)

5.10 My Family. Susan is rescued by a handsome stranger. (R) (T)

5.40 Points of View. With Jeremy Vine. (T)
5.55 Songs of Praise. To mark the 200th anniversary of the Scottish Bible Society, staff and friends gather in St Michael's Church, Linlithgow, to sing hymns including Amazing Grace. Sally Magnusson presents. (T)

6.30 Last of the Summer Wine. Hobbo becomes a master of disguise to deceive his hidden enemies. (T)

7.00 BBC News; Regional News; Weather. (T)
7.30 Countryfile. Matt Baker and Julia Bradbury visit the Tamar Valley, bordering Devon and Cornwall, to join walkers as they are allowed to cross

Isambard Kingdom Brunel's Royal Albert Bridge for only the second time in its 150-year history. John Craven finds out why the UK's dairy industry has one of the worst animal welfare records in Europe, and Chris Packham is joined by Jo Brand to launch this year's photographic competition. Including Weather for the Week Ahead. (T)

8.30 Inspector George Gently. Bacchus and Gently hunt for the murderer of a woman whose body is discovered in a local church. As the investigation progresses, it turns out the victim was a waitress working at the first hostess club in Newcastle - a club that has greatly upset the local religious community. Martin Shaw and Lee Ingleby star, with guest appearances by Brendan Coyle, Mark Williams and Tracey Wilkinson. (T)

10.00 BBC News; Weather. (T)

10.20 Damages. Ellen agrees to bribe a judge in the hope it will incriminate Paddy, and Messer claims to have information on David's killer. As the UNR litigation nears its end, Patty learns Michael has not applied for college and faces a violent attack by a vengeful Garrety. Last in the series. (T)

11.20 FILM: Big Trouble (2002). Black comedy, starring Tim Allen; (T) Weatherwise. (T)

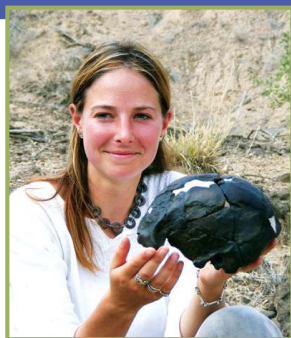
12.40 Sign Zone: DIY SOS. (R) (T) 1.10 Sign Zone: Holby City. (R) (T) 2.10 Sign Zone: All the Small Things. (R) (T) 3.10 BBC News. (T)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcasting stereo;

(bw) - black and white.



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 CBBC:

Chucklevision. (R) (T) 7.15 Chucklevision. (R) (T) 7.25 Dinopony; (R) (T) Diddy Dick & Dom. (R) (T) 8.00 The Legend of Dick & Dom. (R) (T) 8.30 MI High; (R) (T) The Owl. (R) (T) 9.00 Escape from Scorpion Island. (T) 10.00 Something for the Weekend. (T)

11.30 Great British Menu. (R) (T) 12.00 Animal Park. (R) (T) 1.00 Badminton Horse Trials. Live coverage of the show-jumping discipline. (T) 3.00 Live Rugby League. St Helens v Catalans Dragons (Kick-off 3.15pm). (T) 5.35 Flog It! (T) 6.05 FILM: Carry On at Your Convenience (1971). A trade union calls a strike at a toilet factory, but unrest is quelled by a trip to the seaside.

Bawdy comedy, with Sid James and Kenneth Williams. (T) 7.30 James May: My Sisters' Top Toys. A celebration of toys through the decades. (R) (T) 8.30 South Pacific. New series. Documentary exploring the region's islands, home to both an array of peculiar wildlife and human inhabitants who often have to deal with extreme weather conditions. (T) 9.30 The Incredible Human Journey. New series. Dr Alice Roberts travels around the world tracing the path of mankind's ancestors. (T) 10.30 Match of the Day 2. (T) 11.30 The Graham Norton Show Uncut. (T) 12.15 FILM: The Hotel New Hampshire (1984). Dark comic fantasy, starring Bruce Bridges. (T) 2.00 BBC News. (T) 3.15 Close.

Pick of the Day

The Incredible Human Journey (BBC2, 9.30pm)

Dr Alice Roberts is back — and this time, she's bagged herself a great gig. Instead of poking around in people's lives, as she did in her Don't Die Young series, she's looking at a far bigger picture, namely the evolution of the human race. We know what you're thinking - that's a massive undertaking to accomplish in one small series - but Alice is determined to do it justice. During her epic investigation, she explores the latest scientific theories, and reveals how our skin colour and other distinctive features evolved across each of the continents to produce the global diversity of peoples today. In the first episode, Alice travels to Africa, and begins her tour of the continent at the Great Rift Valley of Ethiopia, where the earliest-known human remains were discovered. She then learns how the Click language, the design of our bodies and ancient hunter-gatherer skills may have contributed to our successful survival and migration across Africa. Alice's next stop is Cape Town, where Raj Ramesar has an amazing piece of information which suggests that every single non-African is descended from one group of people who left the continent 70,000 years ago. If eye-popping facts such as that continue throughout the series, it's certainly going to be a must-see.

C4

6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Sailing. (R) 7.30 Sailing. (R) 8.00 Ocean Race. The opening stages between Alicante, Spain and Cape Town, South Africa. (R) (T) 8.55 T4: Friends. (R) (T) 9.35 T4: Hollyoaks. (T) 12.15 T4: Shipwrecked 2009: Battle of the Islands Final. (T) 2.00 T4: Friends. (R) (T) 2.35 T4: Smallville. (T) 3.40 T4: The Simpsons. (R) (T) 4.10 T4: The Simpsons. (R) (T) 4.40 Deal or No Deal. (T) 5.30 Supernanny USA. (R) (T) 6.30 Channel 4 News. (T) 7.00 Big Art. New series. Arts programme bringing new works to the landscapes of the UK. (T) 8.00 Come Dine with Me. Four amateur cooks from Luton attempt to outdo each other in the culinary challenge as one contestant tries to flirt her way to winning the prize and some dirty tricks are employed. (T) 9.00 The Secret Millionaire. Healthcare businesswoman Roisin Isaacs goes undercover in Dundee, Scotland. Last in the series. (T) 10.00 Chris Moyles' Quiz Night. Weekly topical entertainment show hosted by the Radio 1 DJ, featuring actor and comedian Johnny Vegas as the quiz master. Last in the series. (T) 10.50 FILM: Jason X (2001). Sci-fi horror sequel, starring Lexa Doig. (T) 12.35 FILM: Jodhaa Akbar (2008). Premiere. Historical drama, starring Aishwarya Rai. 4.25 The Playful Muse. An Indian love poem. (R) (T) 4.50 In Your Dreams. (R) (T) 5.05 Countdown. Martin Lewis guests. (R) (T)

FIVE

6.00 Milkshake!: Thomas & Friends. (R) (T) 6.10 Little Princess. (R) (T) 6.25 Peppa Pig. (R) (T) 6.30 Pocoyo. (R) (T) 6.35 Angels of Jarm. (R) (T) 6.45 The Beeps. (R) (T) 7.00 Mo Mao. (R) (T) 7.05 Ebb and Flo. (R) (T) 7.10 Franklin. (R) (T) 7.25 Hana's Helpline. (R) (T) 7.50 Olivia. (R) (T) 8.05 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.20 Animal Families. (R) (T) 8.35 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.55 Roobarb and Custard Too. (R) (T) 9.05 Roary the Racing Car. (R) (T) 9.20 Rupert Bear. (R) (T) 9.35 The Milkshake! Show. (R) (T) 10.00 Michaela's Wild Challenge. (R) (T) 10.30 Everybody Hates Chris. (R) (T) 11.00 Build a New Life in the Country - Was It Worth It? (R) (T) 12.00 Rough Guide to Tropical Islands. (R) (T) 12.30 Angels & Demons Movie Special. (T) 1.00 FILM: King Solomon's Mines (1950). Adventure, starring Stewart Granger. (T) 2.55 FILM: The Body (2000). Thriller, starring Antonio Banderas. (T) 5.00 FILM: City Slickers II: The Legend of Curly's Gold (1994). Comedy sequel, starring Bill Crystal. (T) 7.05 Five News. (T) 7.15 Cricket on Five. England v West Indies. Mark Nicholas presents highlights from the fifth and final day of the First test at Lord's. (T) 8.00 FILM: The Da Vinci Code (2006). Premiere. An academic falsely accused of murder uncovers a conspiracy to conceal an ancient secret. Thriller, with Tom Hanks and Audrey Tautou. Including Five News Update. (T) 10.50 The Man Behind the Da Vinci Code: Revealed. (R) (T) 11.55 Angels & Demons Movie Special. (R) (T) 12.25 A1 Grand Prix. 1.25 Ironman Triathlon. 2.35 Boxing Classic. (R) 3.15 Boxing USA. 4.15 Race and Rally UK. (R) 4.35 Motorsport Mundial. 5.00 Hana's Helpline. (R) (T) 5.15 The Milkshake! Show. (R) (T) 5.40 Thomas & Friends. (R) (T) 5.50 Roary the Racing Car. (R) (T)

LOCAL

RTP1
0630 Children TV 0800 Bom Dia Portugal 1000 Mass 1100 Mundo da Vida 1300 Planet Wild 1200 T2 Para 3 Remodelado 1230 Contra Informação 1300 News 1415 S6 Visto! 1515 TBA 2000 News 2100 As Escolhas de Marcelo Rebelo de Sousa 2130 Febre da Dança 2230 Os Contemporâneos 2315 Domingo Desportivo 0115 La Demoiselle D'Honneur, film 0315 Telesales 0605 Nô
RT2
0700 Euronews 0730 África@Global 0800 Músicas de África 0900 Caminhos 0930 70x7 1000 Nô 1100 Da Terra ao Mar 1130 Consócio 1200 Vida por Vida 1230 Olhar o Mundo 1300 Uma Base na Lua 1400 National Geographic 1445 Voz do Cidadão 1500 Sports 2000 Arte e Emoção 2030 Alma e a Gente 2100 Bartolomeu 2200 News 2230 Câmara Clara 2350 Britcom 0050 Onda Curta 0150 Sports 0530 Euronews

SIC
0630 Sic Kids 0845 Disney Kids 1015 Power Rangers 1045 Tween Box: Samurai Girl 1200 BBC Wild Life 1300 News 1400 Fama Show 1445 Disney Film 1630 Film 1815 Film 2000 News 2100 Grande Reportagem 2145 Tã a Gravar 2315 Film 0130 CSI New York, series 0230 Quando o Telefone Toca TVI
0700 Children's TV 0930 O Bando dos Quatro 1030 Hannah Montana 1115 Mass 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2100 Equador 2200 Uma Canção Para Ti 0100 Sempre A Somar 0215 A Mascara do Ninja, film 0400 Law & Order: Special Victims Unit, series 0500 Telesales 0630 Todos Iguais

Best of the Rest

BBC3
7.00 Formula 1: The Spanish Grand Prix 8.00 Kirsten's Topless Ambition 9.00 Two Pints of Lager and a Packet of Crisps 9.30 Two Pints of Lager: The Out-Takes 10.00 Family Guy 10.25 American Dad! 10.45 The Prodigy and Franz Ferdinand at Radio 1's Big Weekend 11.45 Two Pints of Lager and a Packet of Crisps 12.15 Two Pints of Lager: The Out-Takes 12.45 Kirsten's Topless Ambition 1.45 Ne-Yo and Akon at Radio 1's Big Weekend 2.45 Formula 1: The Spanish Grand Prix 3.40 Bizarre ER 4.10 My Life As an Animal 5.10 Close
BBC4
7.00 Cranford 8.00 Wainwright Walks: Coast to Coast 8.30 Mud, Sweat and Tractors: The Story of Agriculture 9.30 Blues Britannia - Can Blue Men Sing the Whites? 11.00 Eric Clapton and Steve Winwood 12.00 Blues at the BBC 1.00 Blues on Later with Jools Holland 2.00 Blues Britannia - Can Blue Men Sing the Whites? 3.30 Mud, Sweat and Tractors: The Story of Agriculture 4.30 Close
ITV2
1.45 Britain's Got More Talent 2.45 All Star Mr & Mrs 3.45 Gossip Girl 4.45 Girls Aloud: The Hot Desk 4.55 Film: Small Soldiers PG (1998) 7.00 Primeval 8.00 Britain's Got Talent

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9.00 Supernatural 10.00 Katie & Peter. Stateside 11.05 Film: The Bourne Identity 12 (2002) 1.25 Teleshopping 4.25 ITV2
SKY1
1.00 UK Border Force 2.00 The Real A&E 3.00 Cold Case 4.00 Bones 5.00 The Simpsons 5.30 The Simpsons 6.00 The Simpsons 6.30 The Simpsons 7.00 Don't Forget the Lyrics 8.00 Guinness World Records Smashed! 9.00 Lost 10.00 Fringe 11.10 Night Cops 12.10 Road Wars 1.10 Road Wars 2.00 Street Wars 2.50 The Villa 3.40 Tenerife Uncovered 4.35 Weeds 5.10 Brainiac: Science Abuse
G.O.L.D
1.00 Blackadder Goes Forth 1.40 Last of the Summer Wine 2.20 Last of the Summer Wine 3.00 Last of the Summer Wine 3.40 Last of the Summer Wine 4.20 Steptoe and Son 5.00 One Foot in the Grave 5.40 Blackadder Goes Forth 6.20 Last of the Summer Wine 7.00 Only Fools and Horses 9.00 Fawcett Towers - Re-opened 11.05 Fawcett Towers 11.45 Only Fools and Horses 1.45 The New Adventures of Old Christine 2.10 Charlie's Angels 3.00 Close
TCM
1.00 One Spy Too Many PG (1966) 3.00 The Wizard of Oz PG (1939) 5.00 The Prize PG (1963) 7.30 Cavalry Scout U (1951) 9.00 Dolores Claiborne 18 (1995) 11.35 Bloodbrothers 15 (1978) 1.55 Dolores Claiborne 18 (1995) 4.15 Off Set 5.00 Operation Pacific U (1951)
The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: Dagnapped PG (2009) Comedy adventure, starring Emily Osment.

MOVIES

Sky Movies Drama

6.00 In from the Night 12 (2006) 7.45 The Legend of 1900 15 (1998) 10.00 Saving Sarah Cain PG (2007) 11.45 Consenting Adults 15 (1992) With Kevin Kilner. 1.30 West Side Story PG (1961) With Natalie Wood. 4.05 The Astronaut Farmer PG (2006) With Billy Bob Thornton. 5.50 One True Thing 15 (1998) With Renee Zellweger. 8.00 The Other Boleyn Girl 12 (2008) With Natalie Portman. 10.00 Reign Over Me 15 (2007) With Adam Sandler. 12.10 American History X 18 (1998) With Edward Norton. 2.20 Platoon 15 (1986) With Charlie Sheen. 4.30 Can't Be Heaven PG (1999)
Sky Movies Comedy
6.55 Jonas Brothers Special 7.25 Special Delivery 12 (2008) 9.05 Alex Zane's Guest List 9.35 Over Her Dead Body 12 (2008) 11.15 The Heartbreak Kid 15 (2007) With Ben Stiller. 1.15 The Simpsons Movie PG (2007) With Dan Castellaneta. 2.45 Norbit 12 (2007) With Eddie Murphy. 4.30 Big Business PG (1988) With Betty Midler. 6.15 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 8.00 The Simpsons Movie PG (2007) With Dan Castellaneta. 9.30 Norbit 12 (2007) With Eddie Murphy. 11.15 The Heartbreak Kid 15 (2007) With Ben Stiller. 1.15 Election 15 (1999) With Matthew Broderick. 3.05 Big Business PG (1988) 4.50 Special Delivery 12 (2008)

Sky Movies Action/Thriller

6.25 Flags of Our Fathers 15 (2006) 8.40 The Eiger Sanction 15 (1975) 10.55 Conan the Destroyer 15 (1984) 12.40 Die Hard 18 (1988) With Bruce Willis. 2.55 Die Hard 2 18 (1990) With Bruce Willis. 5.05 Die Hard with a Vengeance 15 (1995) With Bruce Willis. 7.15 Conan the Destroyer 15 (1984) With Arnold Schwarzenegger. 9.00 Die Hard 2 18 (1990) With Bruce Willis. 11.10 Soldier 18 (1998) With Kurt Russell. 12.55 The Brave One 18 (2007) With Jodie Foster. 3.00 The Corruptor 18 (1999) With Chow Yun-Fat. 4.55 NYC: Tornado Relief 12 (2008)

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SPORT

Sky Sports 1

6.00 World Sport 6.30 Football First 8.00 Football First 9.30 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live Super Sunday. Manchester United v Manchester City (Kick-off 1.30pm). 3.30 Live Super Sunday. Arsenal v Chelsea (Kick-off 4.00pm). 6.25 Live Football League. A League Two play-off semi-final second-leg match (Kick-off 6.30pm). 9.30 Champions League Weekly 10.00 Football Special 11.30 Football League 1.00 Spanish Football 3.00 Football Special 10.00 Football League

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Test Cricket 8.30 Premiership Rugby Union 10.30 Live Test Cricket. England v West Indies. 5.55 Live Spanish Football. Barcelona v Villarreal (Kick-off 6.00pm). 8.00 Live Spanish Football. Atletico Madrid v Espanyol (Kick-off 8.00pm). 10.00 Watersports World 11.00 Wild Spirits 11.30 Test Cricket 1.30 Watersports World 2.30 Close

Sky Sports 3

6.00 Spanish Football 7.30 Football League 9.00 WWE: Afterburn 10.00 WWE Vintage Collection 11.00 Wild Spirits 11.30 Racing News 12.00 Live Football League. A League Two play-off semi-final second-leg match (Kick-off 12.00pm). 2.30 Speedway 5.30 Ocean Race 6.00 WWE: Experience 7.00 World Sport 7.30 Wild Spirits 8.00 Test Cricket 10.00 WWE: Late Night - Afterburn 11.00 WWE: Vintage Collection 12.00 Golf Night 2.00 Close

British Eurosport

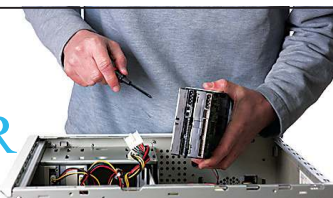
7.30 Rallying 8.00 UEFA Under-17s Championship Football 9.30 WTA Tennis 10.10 Cycling 11.45 Live Le Mans Endurance Series. Coverage of the 1,000km of Spa in Belgium. 12.15 Cycling 12.45 Cycling 1.50 Planet Armstrong 2.00 Live Cycling. Stage two of the Giro d'Italia. 4.30 Cycling 5.00 Live Le Mans Endurance Series. Further coverage of the 1,000km of Spa in Belgium. 6.00 Motorsports Weekend 6.30 World Superbikes 8.25 Planet Armstrong 8.30 Live Snooker. The World Series Final. 11.00 Cycling 12.00 Motorsports Weekend 12.30 Close

Sky Sports Xtra

6.00 Watersports World 7.00 Speedway 10.00 NASCAR 12.30 Live European Tour Golf. The Italian Open. 4.30 Wild Spirits 5.00 World Sport 5.30 NASCAR 8.00 Golf Night 10.00 NASCAR 12.30 Race World 1.30 World Sport 2.00 Close

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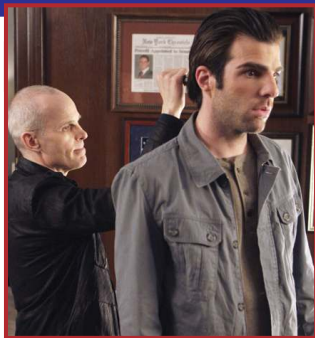
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BBC1

LOCAL



BBC2

6.00 CBeebies: Tikkiballa. (R) (T) 6.30 Teletubbies; (R) (T) Doodle Do Making Moments. (R) (T) 7.00 CBBC: Freefonix; (R) (T) 7.25 Newsround; (T) 7.30 The World Trubble. (R) (T) 8.00 Frank Patrol. (R) (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder. (R) (T) 8.50 The Tweenies. (R) (T) 9.00 Tumble Shorts. (R) (T) 9.10 Something Special. (R) (T) 9.30 Boogie Beebies. (R) (T) 9.45 Get Squiggling. (R) (T) 10.00 Nina and the Neurons. (R) (T) 10.15 Charlie and Lola. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Words and Pictures. (R) (T) 11.10 The Tweenies. (R) (T) 11.20 The Tweenies: Slam Poetry. (R) (T) 11.40 Let's Write a Story. (T) 12.00 Daily Politics. (R) (T) 12.30 Working Lunch. (R) (T) 1.00 Castle in the Country. (R) (T) 1.30 Car Booty. (R) (T) 2.15 Her Hunters. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flot It! (R) (T) 4.30 Put Your Money Where Your Mouth Is. (T) 5.15 Election Broadcast for the European Parliament. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 South Pacific. Documentary exploring the region's islands, home to both an array of peculiar wildlife and human inhabitants who often have to deal with extreme weather conditions. (R) (T) 8.00 Property Watch. (T) **9.00 Heroes.** Heroes are everywhere. What if you had your own new ability taken to its toll on him. Hiro and Ando take measures to bring down Building 26, while Matt changes his priorities. (T) 9.45 Heroes. The fight to stop Sylar has consequences that will change everything. Last in the series. (T) 10.30 Newsnight. (T) Weather. (T) 11.20 Party Election Broadcast for the English. (R) (T) 11.45 The 12.25 The Wire. (T) 12.20 BBC News. (T) 4.00 BBC Learning Zone.

Pick of the Day

It's the end of the line for the heroes as this double-bill brings the third series — and fourth volume for anyone who has been keeping count — to a close. The penultimate instalment follows on from the end of the previous episode, and it appears that Sytle has taken on Nathan's form and has publicly announced his intention to meet with the US President on a matter of some urgency. Flashing back 18 hours we see the events leading up to the news broadcast and it seems the new shape-changing ability Sytle stole has resulted in unexpected consequences. Going through an identity crisis, his own personality begins to be swamped by those he has taken, bringing him into conflict with Danko's wife to keep the fact he is alive a secret. Meanwhile, Hiro and Ando plan to bring down Building 26, Matt's new-found fatherhood changes his priorities and Nathan sets out to stop Sytle from meeting the President — fearing he could then take his appearance. All these plots come to a head in the explosive season finale, which sees the fight to stop Sytle lead to consequences that will change everything. Will the good guys triumph or shall darkness prevail?

C4

3.50 The Hobbs. (R) 6.15 The Hoobs.
 (R) (T) 6.40 Planet Cook. (R) (T) 7.00
 Freshly Squeezed. 7.30 Everybody Loves
 Raymond. (R) 8.00 Everybody Loves
 Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00
 Will & Grace. (R) (T) 9.30 Parents & Teens:
 Welcome to My World. (R) (T) 3 Mins.
 Wonder. (R) (T) 10.00 Day I Got the Sack.
 (R) (T) 3 Minute Wonder. (R) (T) 10.30 Take-
 Away My Takeaway. (R) (T) 3 Minute Won-
 der. (R) (T) 11.00 Teen Tycoons. (R) (T) 3
 Minute Wonder. (T) 11.30 Battlefront Televi-
 sion 2009. (T) 12.00 Plans at Noon. (T)
 12.30 The 12th Annual Newsweek. (R) (T)
 1 Minute Wonder. (R) (T) 1.00 The 12th
 1.05 FILM: Charlies of Fire (1981). Oscar-
 winning drama, starring Ben Cross. (T) 3.25
 Countdown. (T) 4.15 Deal or No Deal: Bran-
 dy's Birthday. (T) 5.00 The Paul O'Grady
 Show. (T) 6.00 The Simpsons. (R) (T) 6.30
 Hollyoaks. (T) 7.00 Channel 4 News. (T)
 7.55 3 Minute Wonder: Art for All. (T) 8.00
 Dispatches: Lost in Care. Rage Omaha
 investigates the care system provided for
 children in the UK. Part of the Britain's For-
 gotten Children series. (T) 9.00 Find Me a
 Family. New series. Following three house-
 holds of would-be adopters. Part of the
 Britain's Forgotten Children series. Continu-
 ous. (T) 10.00 The Secret Million-
 aire. Healthcare businessman Roisin
 Isaacs goes undercover in Dundee, Scotland.
 Last in the series. (R) (T) 11.05
 Madeleine Wild. (R) (T) 11.30
 Family. (R) (T) 1.55 NY-LON. (R) (T) 2.55
 Flood. (R) (T) 3.10 Hill Street Blues. (R) 4.00
 Channel 4 Education. (T)

FIVE

0.00 Milkshake! Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Peppa Pig. (R) (T) 6.50 Roobarb and Custard Too. (R) (T) 7.00 Olivia. (R) (T) 7.15 Little Princess. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (R) 8.00 The Thomas & Friends. (R) (T) 8.15 Thomas & Friends. (R) (T) 8.40 POCOY. (R) (T) 8.45 Bert and Ernie's Great Adventures. (R) (T) 8.55 Chirp. (R) (T) 9.00 Rupert Bear. (R) (T) 9.15 The Wiggly Stuff. (T) 10.15 Trisha Goddard. (T) 11.45 Colin and Justin's How Not to Decorate. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (R) (T) 1.45 Neighbours. (R) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.05 The Family Reunion. (R) starring Bruce Campbell. (T) 3.50 Five News with Natasha Kaplinsky. (R) 5.00 Five News. (R) (T) 6.00 Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 6.55 Party Election Broadcast for the European Parliament. (T) 7.00 Five News at 7. (T) 7.30 Chris Barrie's Massive Speed. The world's fastest sports cars. (R) (T) 7.30 Five News Update. (T) 8.00 The Gadget Show. Car stereos and wind-powered devices; (T) 8.30 The Gadget Show. Car stereos and wind-powered devices. (T) 9.00 The Gadget Show. Car stereos and wind-powered devices. (T) 9.30 A hard-bitten cop is saved from an attacker by a stranger, and they begin an tentative relationship. Drama, with Jennifer Lopez and Jim Caviezel. Including Five News Update. (T) 10.55 Film: Loser (2000). Comedy, starring Jason Biggs. (T) 12.45 NASCAR. 1.35 US PGA Golf. 2.25 AMA Supercross. 3.20 Anzaccrack. 4.00 Winter X Games. (R) (T) 4.30 NBA 360. 5.10 Neighbours. (R) (T) 5.35

lines. 2.45 Loose Women. (R) (I) 3.35 The Jeremy Kyle Show. (R) (T) 4.30 ITV Nightscreen.

LOCAL Best of the Rest



Malcolm in the Middle 4.30 It's Me or the Dog USA 5.30 Futurama 6.00 Futurama 6.30 Coops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 24 10.00 Road Wars 11.00 Road Wars 12.00 Road Wars 1.00 Road Wars 1.50 Inside: The Border War 2.40 Drugs Wars: DEA 3.30 Road Wars 3.55 Stargate SG-1 4.45 Stargate SG-1 5.35 Cruise with Stelios: Caribbean

G.O.L.D

1.00 Last of the Summer Wine 1.40
Last of the Summer Wine 2.20
Citizen Smith 3.00 Last of the
Summer Wine 3.40 Ever
Decreasing Circles 4.20 My Family
5.00 Whatever Happened to the
Likely Lads? 5.40 As Time Goes By
6.20 One Foot in the Grave 7.00
Fawley Towers - Re-opened 9.00
Fawley Towers 9.40 The Royle
Family 10.20 Fawley Towers 11.00
Men Behaving Badly 11.40 The
Royle Family 12.20 Men Behaving
Badly 1.00 Citizen Smith 1.40 Bread
2.10 Charlie's Angels 3.00 Close

TCM
1.00 Seven Brides for Seven
Brothers U (1954) 3.00 Lust for Life
PG (1956) 5.15 Forbidden Planet U
(1956) 7.05 Skyjacked PG (1972)
9.00 Batman 15 (1989) 11.20 It! 12
(1967) 1.15 Forget Paris 12 (1995)
3.10 Freaks 15 (1932) 4.15 Off Set
5.00 Tall Man Riding U (1955)

The Disney Channel
Kids' programmes from 7am, except:

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MOVIES

Hilton.	9.35
Music and	and
Hotel	20

(2007) With Hugh Grant. 11.25
What About Bob? PG (1991) With
Bill Murray. 1.10 Serial Mom 18
(1994) With Kathleen Turner. 2.50
Splitting Heirs 15 (1993) With Eric
Idle. 4.25 I Wanna Hold Your Hand
PG (1978)

Sky Movies Action/Thriller

6.30 Letters from Iwo Jima 15 (2006)
9.00 Arlington Road 15 (1999) 11.10
Time Bomb 12 (2006) With Angela
Bassett. 12.50 No Way Out 15
(1987) With Kevin Costner. 2.50 No
Country for Old Men 15 (2007) With
Josh Brolin. 5.00 The Oxford
Murders 15 (2008) With Elijah Wood.
7.00 No Way Out 15 (1987) With

Kevin Costner. 9.00 No Country for
Old Men 15 (2007) With Josh Brolin.
11.05 Outlaw 18 (2007) With Sean
Bean. 12.55 Face 18 (1997) With
Robert Carlyle. 2.45 Hard Candy
18 (2006) With Patrick Wilson. 4.45
Enemy Within PG (2007)

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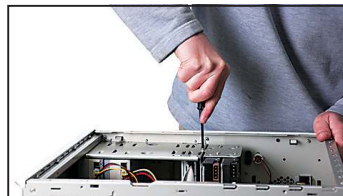
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ANOTHER
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BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer. (T) BBC News: Weather. (T) 11.00 The Unsellables. (T) 11.30 Sun, Sea and Bargain Spotting. (T) BBC News: Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News: Weather: Regional News. (T) 3.05 CBeebies: Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (R) (T) 3.25 CBBC: Tronji. (T) 3.50 Funky Fables. (R) (T) 4.00 Wrestling Federation: TWf. (R) (T) 4.05 Richard Hammond's Blast Lab. (R) (T) 4.35 Blue Peter. (T) MyWish. (R) (T) 5.05 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz, as contestants try to weed out the weaklings and walk off with a cash prize. (T)

6.00 BBC News: Weather. (T)
6.30 Regional News Programmes: Weather. (T)
6.55 Party Election Broadcast for the European Parliament. By the UK Independence Party. (R) (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present the live topical show about the concerns of the British nation and uncover stories of people in extraordinary circumstances. The series includes regular features by historian Dan Snow and consumer expert Dominic Littlewood. (T)

7.30 EastEnders. Tanya wonders why she has heard nothing from Dr Jenkins since their date - until Jane suggests it may have something to do with Max. Bradley is ecstatic when Syd shows she cares, but she seems to be hiding something, while Peggy and Ben are desperate to help Phil. Dotty continues Nick's scheme, leading Dot to question her sanity. (T) BBC News: Regional News. (T)

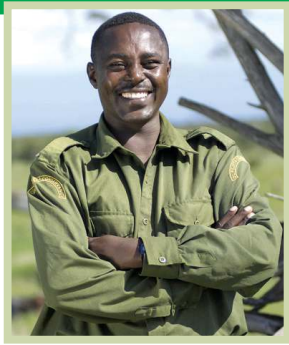
8.00 Holly City. Maddy puts her career at risk when she agrees to secretly treat a stabbing victim as a favour for her sister, who has recently been released from prison. Donna feels responsible for Michael's obvious unhappiness at his separation from Annalee, which only worsens when he receives a call from his children's school, and Ben shares his health worries with father-in-law Elliot. (T)

9.00 10 Things You Didn't Know About Sleep. Kate Silverton examines a series of experiments designed to help people beat insomnia, overcome jet-lag, and prevent snoring. Chef Aldo Zilli discovers how eating different foods affects sleep patterns, journalist Dominik Diamond finds out how a lack of rest can help people break bad habits, and volunteers in a laboratory demonstrate how alcohol and coffee impact on their ability to nod off. (T)

10.00 BBC News. (T)

10.25 Regional News: Weather. (T)
10.35 Party Election Broadcast for the English Local Elections. (T)

10.40 FILM: Unlawful Entry (1992). Psychological thriller, starring John Huston. (T)
12.30 Damages. (R) (T) Weatherview. (T) 1.35 Sign Zone: See Hear. (R) (T) 2.05 Sign Zone: Rocket Science. (R) (T) 3.05 Sign Zone: Country Tracks. (R) (T) 4.00 Sign Zone: Real Rescues. (R) (T) 4.45 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) Doodle Do Making Moments. (R) (T) 7.00 CBBC: Freefonix. (R) (T) 7.25 Newsround. (T) 7.30 Hotel Trubble. (R) (T) 8.00 Prank Patrol. (R) (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder. (R) (T) 8.50 3rd & Bird. (R) (T) Mr Tumble Shorts. (R) (T) 9.10 Something Special. (R) (T) 9.30 Boogie Beebies. (R) (T) 9.45 Get Squiggling. (R) (T) 10.00 Nina and the Neurons. (R) (T) 10.15 Charlie and Lola. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: KS2 Science Clips. (T) 11.10 KS2 Science Clips. (T) 11.20 The Maths Channel. (T) 11.30 The Maths Channel. (T) 11.40 Focus. (T) 11.50 Focus. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Castle in the Country. (R) (T) 1.30 Car Booty. (R) (T) 2.15 Heir Hunters. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Put Your Money Where Your Mouth Is. (T) 5.15 Cash in the Celebrity Attic. (T) 5.55 Party Election Broadcast for the European Parliament. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Coast. The team travels down the west of Scotland between Arran and Greta. Along the way they visit the Ardara dunes where Alfred Nobel built an explosives factory. (R) (T) 8.00 Property Watch. (T) 9.00 Horizon. Investigating the circumstances that drive people to violence. Last in the series. (T) 10.00 Later Live - with Joals Holland. With Morrissey, New York Dolls, Annie Lennox, Lisa Hannigan and Little Boots. An extended edition can be seen on Friday at 11.35pm. (T) 10.30 Newsnight. (T) Weather. (T) 11.20 Party Election Broadcast for the English Local Elections. (R) (T) 11.25 The Wire. (T) 12.20 High Altitude. (R) (T) 12.50 BBC News. (T) 4.00 BBC Learning Zone. (T)

C4

6.00 Inuk. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Parents & Teens: Welcome to My World. (R) (T) Get Me the Producer. (R) (T) 10.00 Day I Got the Sack. (R) (T) Get Me the Producer. (R) (T) 10.30 Take Away My Takeaway. (R) (T) Get Me the Producer. (R) (T) 11.00 Teen Tycoons. (R) (T) Get Me the Producer. (R) (T) 11.30 Battlefront Television 2009. (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun: Home or Away. (R) (T) 1.30 FILM: Damn the Defiant! (1962). Maritime drama, starring Alec Guinness. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal: Banker's Birthday. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Art for All. Antony Gormley provides insight into the meaning and purpose of art. (T) 8.00 Gok's Fashion Fix. The stylist revitalises a wardrobe full of hand-me-downs. (T) 9.00 Find Me a Family. As the documentary series continues, a 35-year-old single woman considers adopting a boy of seven who, due to his age, is less likely to appeal to other prospective parents. (T) 10.00 Shameless. Paddy resolves to banish his demons and regain control. Last in the series. (T) 11.15 The Big Bang Theory. (T) 11.45 My Name Is Earl. (R) (T) 12.10 Find Me a Family. (R) (T) 1.10 European Poker Tour. 2.10 4Sport: Destination 2012. (R) (T) 3.00 World Sport. (R) 3.25 Adrenaline Rush. (R) (T) 3.55 Just Not Cricket. (R) (T) 4.00 Channel 4 Education. (T)

FIVE

6.00 Milkshake! Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Peppa Pig. (R) (T) 6.50 Roobarb and Custard Too. (R) (T) 7.00 Olivia. (R) (T) 7.15 Little Princess. (R) (T) 7.25 Milkshake! Show Songs. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (T) 8.00 Fill and the Flowerpots. (R) (T) 8.15 Peppa Pig. (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pooty. (R) (T) 8.45 Bert and Ernie's Great Adventures. (R) (T) 8.55 Chiro. (R) (T) 9.00 Rupert Bear. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (T) 11.45 Colin and Justin's How Not to Decorate. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.10 FILM: The Princess and the Marine (2001). Fact-based drama, starring Mark-Paul Gosselaar. (T) 5.00 Five News with Natasha Kaplinsky. (R) (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 6.55 Party Election Broadcast for the European Parliament. (T) 7.00 Five News at 7. (T) 7.30 Highland Emergency. A Dutch hiker falls while walking in the Cullin mountains. (R) (T) 7.30 Five News Update. (T) 8.00 Helicopter Warfare. New series. Historic helicopter operations. (T) 8.00 Five News at 9. (T) 9.00 CSI: Crime Scene Investigation. The 200th episode. One of Langston's former students is killed. (T) 10.00 CSI: Miami. Part one of two. Calleigh is targeted in a hate campaign. (R) (T) Five News Update. (T) 11.00 CSI: NY. (R) (T) 12.00 The Shield. (R) (T) 1.00 NBA Basketball. 3.30 Cricket on Five. (R) 5.00 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

Best of the Rest

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1610 Portugal no Coração 1805 Preço Certo 1900 News 2000 Eurovision 2200 Dueto Final 2300 Serviço de Saúde 2345 Liga dos Últimos 0000 Candles Procession 0045 Lost. series 0215 Prova de Amor 0345 Teleseals 0605 Nô

RTP2

0720 Zig Zag 1400 Sociedade Civil 1500 AB Ciência 1600 National Geographic 1700 Zig Zag 1830 A Fides Homens 1900 Arquitectura 1950 Zig Zag 2045 Everybody Hates Chris. series 2115 National Geographic 2200 News 2240 The Mentalist. series 2330 Bairro Alto 0030 Noites da Dós 0100 Universidades 0130 Câmara Clara 0240 Euronews 0500 Sociedade Civil

SIC

0600 Sic Notícias 0900 Ligo, Ganhoul 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1530 Contacto 1715 Rebelde Way 1800 Três Irmãs 1900 Nôs por Cá 2000 News 2130 Os Malucos do Riso 2215 Não Há Crise 2300 Caminho das Índias 2345 Podia Acabar o Mundo 0045 Criminal Minds. series 0145 CSI New York. series 0230 Quando o Telefone Toca 0430 Entourage. series

TVI

0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Flor do Mar 2200 Deixa Que Te Leve 2330 Olhos nos Olhos 0015 Rapto Brutal. film 0230 Sempre a Somar 0430 Law & Order: Special Victims Unit. series 0530 Teleseals

BBC3

7.00 Snow Patrol at Radio 1's Big Weekend 8.00 Eurovision Song Contest 2009 10.00 EastEnders 10.30 Bizare ER 11.00 Family Guy 11.25 Family Guy 11.50 My Life As An Animal 12.45 Eurovision Song Contest 2009 2.45 Bizare ER 3.15 Snow Patrol at Radio 1's Big Weekend 4.10 My Life As An Animal 5.10 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Landscape Mysteries 8.00 Inside the Medieval Mind 9.00 In Search of the Pope's Children 9.50 Irish Folk - The Chieftains 10.05 Flight of the Conchords: On Air 10.30 Flight of the Conchords 10.55 The Armstrong & Miller Show 11.25 Film: Saltwater 15 (1999) 1.00 In Search of the Pope's Children 1.50 Flight of the Conchords: On Air 2.15 Inside the Medieval Mind 3.15 In Search of the Pope's Children 4.05 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Judge Judy 6.45 Beat the Star 8.00 Katie & Peter: Stateside 9.00 Film: The Bourne Identity 12 (2002) 11.20 Film: Shaun of the Dead 15 (2004) 1.15 Ladette to Lady 2.05 Teleshopping 5.05 ITV2 Nightscreen

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I use it on
our yacht



I take it in
my car



I take it to
the café



I take it to
lunch

MOVIES

Sky Movies Drama

6.00 The Capture of the Green River Killer 7.45 Pictures of Hollis Woods PG (2007) 9.30 Alex Zane's Guest List 10.00 To Be Fat Like Me PG (2007) 11.45 What Dreams May Come 1.15 (1998) With Robin Williams. 1.45 On Broadway 12 (2007) With Joey McIntyre. 3.30 Ride with the Devil 15 (1999) With Tobey Maguire. 5.50 The Top 10 Show 6.10 Forces of Nature 12 (1999) With Sandra Bullock. 8.00 Becoming Jane PG (2006) With Anne Hathaway. 10.00 Insets 18 (1975) With Richard Dreyfuss. 12.10 Foxfire 18 (1996) With Hedy Burress. 2.00 I Want You 18 (1998) With Rachel Weisz. 3.30 Oklahoma! PG (1999)

Sky Movies Comedy

6.10 Swing 15 (1999) 7.50 Tin Men 15 (1987) 9.50 Swing 15 (1999) 11.30 Baby's Day Out PG (1994) With Joe Mantegna. 1.15 Three and Out 15 (2008) With Mackenzie Crook. 3.00 Blades of Glory 12 (2007) With Will Ferrell. 4.40 Fierce Creatures 12 (1997) With John

Cleese. 6.20 Baby's Day Out PG (1994) With Joe Mantegna. 8.00 Three and Out 15 (2008) With Mackenzie Crook. 9.45 Blades of Glory 12 (2007) With Will Ferrell. 11.25 Tin Men 15 (1987) With Richard Dreyfuss. 1.20 Fierce Creatures 12 (1997) With John Cleese. 3.00 Slap Shot 18 (1977) With Paul Newman. 5.05 Expiration Date 12 (2006)

Sky Movies Action/Thriller

6.30 The River Wild 12 (1994) 8.35 Vi Warshawski 15 (1991) 10.20 Rush Hour 3 12 (2007) 12.05 Die Hard 4 0.15 (2007) With Bruce Willis. 2.25 Charley Varrick 15 (1973) With Walter Matthau. 4.30 Next of Kin 15 (1989) With Patrick Swayze. 6.30 Blood Diamond 15 (2006) With Leonardo DiCaprio. 9.00 Die Hard 4 0.15 (2007) With Bruce Willis. 11.20 The Krays 18 (1990) With Gary Kemp. 1.30 Mr Brooks 18 (2007) With Kevin Costner. 3.45 The Librarian: Return to King Solomon's Mines PG (2006) 5.40 The Top 10 Show

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football League 10.30 Soccer AM: The Best Bits 11.30 Spirit of Yachting 12.00 Football League 1.30 Soccer AM: The Best Bits 2.30 Live Cricket. Glamorgan Dragons v Essex Eagles. Coverage continues on Sky Sports 3. 7.30 Live Football League. A Championship play-off semi-final second-leg match (Kick-off 7.45pm). 10.00 Revista De La Liga 11.00 NFL: Total Access 12.00 Football League 1.30 Revista De La Liga 2.30 Football Asia 3.00 Football League 4.30 Revista De La Liga 5.30 Football Asia

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline Adventures 7.00 WWE: Afterburn 8.00 Soccer AM: The Best Bits 9.00 Speedway 11.00 Live Masters Tennis. Day three of the Mutua Madrileña Madrid Open. 9.00 Mountain Bike World 9.30 360 Series 10.00 POKER 11.30 Football Asia 12.00 Pool 1.00 Sports Unlimited 2.00 Poker 3.30 NFL: Total Access 4.30 Synchronized Swimming 5.30 Close

Sky Sports 3

8.00 The Irish Goller 8.30 Spirit of Yachting 9.00 POKER 11.00 Aerobics Oz Style 11.30 Racing News 12.00 The Irish Goller 12.30 POKER 2.30 Speedway 4.30 WWE: Smackdown 6.30 Revista De La Liga 7.30 Live Cricket. Glamorgan Dragons v Essex Eagles. 10.00 European Seniors Tour Golf 11.00 Synchronized Swimming 12.00 Great Run Series 12.30 European Seniors Tour Golf 1.30 Spirit of Yachting 2.00 Close

British Eurosport

7.30 Yoz Magazine 7.45 Cycling 9.10 Planet Armstrong 9.15 WTA Tennis 10.00 Live UEFA Under-17s Championship Football. Switzerland v Spain (Kick-off 10.00am). 11.45 WATTS 12.00 Live WTA Tennis. The Mutua Madrileña Madrid Open. 2.00 Live Cycling. Coverage of the fourth stage of the Giro d'Italia. 4.30 Eurogals Flash 4.45 Live UEFA Under-17s Championship Football. Germany v Holland (Kick-off 4.45pm). 6.30 Planet Armstrong 6.35 Eurogals 7.20 Boxing 8.00 Boxing 10.00 Rallying 10.30 Le Mans Endurance Series 11.00 Porsche Supercup 11.30 Cycling 12.25 Planet Armstrong 12.30 Close

Sky Sports Xtra

2.30 Great Run Series 3.00 The Irish Goller 3.30 H20 Sports International 4.00 Adrenaline Adventures 4.30 Aerobics Oz Style 5.00 NFL - Total Access 6.00 Airports World 6.30 360 Series 7.00 Synchronized Swimming 8.00 European Seniors Tour Golf 9.00 Pool 10.00 Sports Unlimited 11.00 Adrenaline Adventures 11.30 360 Series 12.00 Mountain Bike World 12.30 Airports World 1.00 Adrenaline Adventures 1.30 Mountain Bike World 2.00 Close

All the latest
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THE PORTUGAL
News

BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 The Unsellables. (T) 11.30 Sun, Sea and Bargain Spotting. (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (R) (T) 3.25 CBBC. Tronji. (T) 3.50 Funky Fables. (R) (T) Thumb Wrestling Federation. TWFF. (R) (T) 4.05 Paradise Cafe. (R) (T) 4.35 Blue Peter; (T) MyWish. (R) (T) 5.05 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

6.55 Party Election Broadcast for the European Parliament. By the Liberal Democrats. (R) (T)

7.00 The One Show. Hour-long edition of the topical magazine show, presented by Adrian Chiles and Christine Bleakley. (T) BBC News; Regional News. (T)

8.00 Waterloo Road. Kim is forced to face up to her past when her former boyfriend arrives out of the blue from Rwanda and wants to talk about their relationship. Ralph attacks Marley, while the fundraising day is thrown into disarray when a mystery illness strikes the school - and the finger of suspicion is pointed at the canteen workers for using cheap, out-of-date meat. Drama, starring Angela Griffin. (T)

9.00 The Apprentice. Alan Sugars sends the candidates to Margate on the Kent coast, where they are challenged to produce an eye-catching series of posters and leaflets designed to attract tourists to the seaside resort. They then have to pitch their campaigns to tourism industry experts, residents and dignitaries, with one of the losing team members ending up in the firing line. (T)

10.00 BBC News. (T)

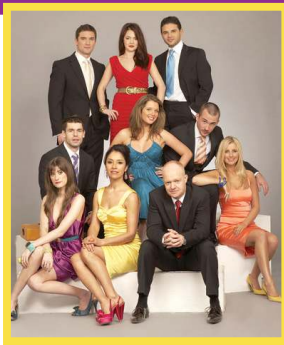
10.25 Regional News; Weather. (T)

10.35 Party Election Broadcast for the English Local Elections. By the British National Party. (T)

10.40 The National Lottery Draws. The balls are set rolling and the results of the Thunderball, Dream Number and Lotto draws are revealed. (T)

10.45 The Street. Cath Hanley fears the worst when her son Ian is accused of killing a taxi driver - until she realises he is covering for the real culprit, his cousin Gary. However, her sister Jan refuses to let Gary hand himself in, leading to bitter conflict between two mothers desperate to keep their children out of jail. Gina McKee, Lorraine Ashbourne and Matt Smith star. (R) (T) National Lottery Update. (T)

11.45 FILM: She's Having a Baby (1988). Comedy drama, starring Kevin Bacon; (T) Weatherview. (T) 1.35 Sign Zone: Alan Whicker's Journey of a Lifetime. (R) (T) 2.35 Sign Zone: Grow Your Own Drugs. (R) (T) 3.05 Sign Zone: Orangutan Diary. (R) (T) 4.05 Sign Zone: Real Rescues. (R) (T) 4.50 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) Doodle Do Making Moments. (R) (T) 7.00 CBBC: Freefonix. (R) (T) 7.25 Newsround. (T) 7.30 Hotel Trouble. (R) (T) 8.00 Frank Patrol. (R) (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder. (R) (T) 8.50 3rd & Bird. (R) (T) Mr Tumble Shorts. (R) (T) 9.10 Something Special. (R) (T) 9.30 Boogie Beebies. (R) (T) 9.45 Get Squeigling. (R) (T) 10.00 Nina and the Neurons. (R) (T) 10.15 Charlie and Lola. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Wildlife on Two. (R) (T) 11.30 Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Living in the Sun. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Put Your Money Where Your Mouth Is. (T) 5.15 Cash in the Celebrity Attic. (T) 5.55 Party Election Broadcast for the European Parliament. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Keep It in the Family. Reluctant children are encouraged to join the family business. (R) (T) 8.00 Property Watch. (T) 9.00 Winds. Looking at how wind is produced through the interaction of temperature, pressure and Earth's rotation, and the developments made by scientists in understanding this phenomenon. Last in the series. (T) 10.00 The Apprentice: You're Fired! Interview with the show's freshly rejected candidate. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Party Election Broadcast for the English Local Elections. (R) (T) 11.25 The Wire. (T) 12.20 BBC News. (T) 4.00 BBC Learning Zone. (T)

C4

6.00 Inuk. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Parents & Teens: Welcome to My World. (R) (T) Get Me the Producer - Commissioning. (R) (T) 10.00 Day I Got the Sack. (R) (T) Get Me the Producer - Presenter. (R) (T) 10.30 Take Away My Takeaway. (R) (T) 3 Minute Wonder. (R) (T) 11.00 Teen Tycoons. (R) (T) Self Portrait UK 14-19. (T) 11.30 Battlefront Television 2009. (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun: Home or Away. (R) (T) 1.30 Channel 4 Racing from York. Including the 2.40 Tattersalls Musidora Stakes (1m 2 1/2f). (T) 3.25 Countdown. (T) 4.15 Deal or No Deal: Banker's Birthday. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Art for All. A boxer visits his hero in an art gallery. (T) 8.00 Embarrassing Bodies. The medics tackle summer holiday ailments at Birmingham International Airport, with symptoms including a constant need to go to the toilet and another case of extreme constipation. (T) 9.00 Find Me a Family. A same-sex couple care for a disabled child. Last in the series. (T) 10.00 Desperate Housewives. Jackson returns with a request for Susan. (T) 11.05 Shameless. (R) (T) 12.15 Music: Keri Hilson Featuring Kanye West and Ne-Yo: Video Exclusive. (T) 12.20 4Music: 4Play: Gary Go. (T) 12.35 4Music: The Streets: Video Exclusive. (T) 12.40 4Music: 4Play: Laura Izibor. (T) 12.55 Find Me a Family. (R) (T) 1.55 FILM: The Tall Stranger (1957). Western, starring Joel McCrea. (T) 3.25 Hill Street Blues. (R) (T) 4.10 Time Team. (R) (T) 5.05 Countdown. (T) (T)

FIVE

6.00 Milkshake! Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Peppa Pig. (R) (T) 6.50 Roobarb and Custard Too. (R) (T) 7.00 Olivia. (R) (T) 7.15 Little Princess. (R) (T) 7.25 Milkshake! Show Songs. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.05 Fi and the Flowerpots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.45 Bert and Ernie's Great Adventures. (R) (T) 8.55 Chiro. (R) (T) 9.00 Rupert Bear. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (T) 11.45 Colin and Justin's How Not to Decorate. (T) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.05 The Family Recipe. (R) (T) 3.15 FILM: Annie's Point (2005). Comedy drama, starring Betty White and Amy Davidson. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 6.55 Party Election Broadcast for the European Parliament. (T) 7.00 Five News at 7. (T) 7.30 Michaela's Zoo Babies. Millie the marmoset gives birth to triplets. (R) (T) 7.30 Five News Update. (T) 8.00 Oli Riggers. A new team arrives to carry on work at Longhorn rig. (T) 8.00 Five News at 9. 9.00 Extraordinary People: Growing Up Without a Face. A girl who suffers from Treacher Collins syndrome. (T) 10.00 FILM: Fallen (1998). A cop discovers a demon capable of jumping between bodies is behind a series of murders. Supernatural thriller, with Denzel Washington and John Goodman. (T) 12.25 Poker. 2.00 V8 Supercars. 2.50 Seniors Golf. 3.30 NHL Ice Hockey. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 2.59 London Weather. (T) 3.00 Dickinson's Real Deal. (T) 4.00 The Biggest Loser. (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)

6.00 London Tonight; Weather. (T)

6.25 Party Election Broadcast for the European Parliament. By the Liberal Democrats. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Chas fears Aaron is being led astray by Cain, who is impressed when Paddy confronts him about the situation. Nicola visits the doctor and realises she must tell Jimmy about the pregnancy - but changes her mind when he says they were never suited. Elsewhere, Debbie is persuaded by her father to devote more time to the custody battle. (T)

7.30 Coronation Street. Jason invites Colin to move into No 11 with him and Eileen - without asking his mother. After discovering Dev's antics are all over the internet, Amber refuses to return home, David uses Joe's money as bait to entrap Gary, and Norris gets more than he bargained for when he goes for dinner in Mary's motor home. (T)

8.00 The British Soap Awards 2009. The stars of Coronation Street, Doctors, Emmerdale, EastEnders and Hollyoaks gather as Philip Schofield hosts the 11th annual ceremony honouring TV's most popular kitchen-sink dramas. There is everything to play for as 17 awards are announced, including Villain of the Year, Spectacular Scene of the Year, Best Actor and Actress, Sexiest Male and Female and the ultimate accolade - Best British Soap, won last year by EastEnders. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 Benidorm. The gang sets off on what is believed to be a free trip to see a bullfight - an experience that upsets the animal-lovers but brings out the savage in Midge. Meanwhile, Telle strikes up an unlikely friendship with the Oracle Comedy, starring Johnny Vegas, Hannah Hobley and Sheila Reid. (R) (T)

11.05 FILM: Ghost Ship (2002). Premiere. Horror, starring Gabriel Byrne. (T)

12.40 Nightwatch with Steve Scott: Crime; (R) ITV News Headlines. 1.35 Loose Women. (R) 2.25 The Jeremy Kyle Show. (T) (T) 3.20 Make My Kids Happy: Tonight. (R) 3.45 ITV Nightscreen. (T)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sanguo do Meu Sanguo 1600 Portugal no Coração 1800 Portugal em Directo 1905 O Prego Certo 2000 News 2100 Em Reportagem 2130 A Guerra 2245 Dueto Final 2345 Eternal Sunshine of Sportless Mind, film 0230 Prova de Amor 0330 Telesales 0605 N6s

RTP2
0720 Zig Zag 1400 Sociedade Civil 1500 Assembleia da República 1700 Zig Zag 1830 Fê dos Homens 1900 Biosfera 1950 Zig Zag 2045 Everybody Hates Chris, series 2105 National Geographic 2200 News 2230 24, series 2330 Clube de Jornalistas 0030 Noites da Dois 0100 Universidades 0130 Biosfera 0215 Bastidores 0315 Euronews 0500 Sociedade Civil

SIC
0600 Sic Notícias 0900 Ligo, Ganho! 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1535 Contacto 1715 Rebelde Way 1800 Três Irmãs 1900 N6s por Câ 2000 News 2130 Os Malucos do Riso 2215 N6s Há Crise 2300 Caminho das Índias 2345 Pôdia Acabar o Mundo 0045 Criminal Minds, series 0145 CSI New York, series 0230 Quando o Telefone Toca 0430 Entourage, series

TVI
0700 Diário Da Manhã 1000 Mass and Procession 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2310 Flor do Mar 2230 Deixa Que Te Leve 2330 Olhos nos Olhos 0015 No Limiar da Verdade, film 0245 Sempre a Soma 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 7.50 Doctor Who Confidential 8.00 The World's Strictest Parents 9.00 Heroes 9.45 Film: 16 Blocks 12 (2006) 11.20 Family Guy 11.45 Family Guy 12.05 Snog, Marry, Avoid? 12.35 Bizarre ER 1.00 Two Pints of Lager: The Out-Takes 1.35 The World's Strictest Parents 2.30 Claire Richards: My Big Fat Wedding 3.30 Bizarre ER 4.00 Snog, Marry, Avoid? 4.10 Year Old? 9.00 Film: X-Men 12 (2000) 11.05 Ross Kemp: Return to Afghanistan 12.05 Fringe 1.15 Road Wars 2.10 Inside: Gangs Behind Bars 3.05 Drugs Wars: DEA 3.55 Stargate SG-1 4.45 Stargate SG-1 5.35 Cruise with Stelios: Caribbean **G.O.L.D**

1.00 Last of the Summer Wine 1.40 Last of the Summer Wine 2.20 The Green Green Grass 3.00 Last of the Summer Wine 3.40 Ever Decreasing Circles 4.15 My Family 5.00 Whatever Happened to the Likely Lads? 5.40 As Time Goes By 6.20 One Foot in the Grave 7.00 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 The Green Green Grass 9.00 Fawty Towers 9.45 The Royle Family 10.25 Fawty Towers 11.05 Fawty Towers - Reopened 1.10 French and Saunders 1.50 The Royle Family 2.25 French and Saunders 3.00 Close **TCM**

3.00 Elvis on Tour PG (1972) 4.45 The Boy Friend U (1971) 7.15 Disorders PG (1987) 9.00 Soapdish 15 (1991) 10.55 Kuble 18 (1971) 1.05 Fame 15 (1980) 3.15 Soapdish 15 (1991) 5.00 Bonnie Scotland U (1935)

The Disney Channel
Kids' programmes from 7am, except:

12.30 Katy Brand's Big Ass Show 1.05 Hollywood Lives 1.35 Teleshopping 4.35 ITV2 Nightscreen

Sky1
1.00 Tabatha's Salon Takeover 2.00 Tru Calling 3.00 Cold Case 4.00 Malcolm in the Middle 4.30 It's Me or the Dog USA 5.30 Futurama 6.00 Futurama 6.30 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Celebrity Are You Smarter Than a 10 Year Old? 9.00 Film: X-Men 12 (2000) 11.05 Ross Kemp: Return to Afghanistan 12.05 Fringe 1.15 Road Wars 2.10 Inside: Gangs Behind Bars 3.05 Drugs Wars: DEA 3.55 Stargate SG-1 4.45 Stargate SG-1 5.35 Cruise with Stelios: Caribbean **G.O.L.D**

1.00 Last of the Summer Wine 1.40 Last of the Summer Wine 2.20 The Green Green Grass 3.00 Last of the Summer Wine 3.40 Ever Decreasing Circles 4.15 My Family 5.00 Whatever Happened to the Likely Lads? 5.40 As Time Goes By 6.20 One Foot in the Grave 7.00 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 The Green Green Grass 9.00 Fawty Towers 9.45 The Royle Family 10.25 Fawty Towers 11.05 Fawty Towers - Reopened 1.10 French and Saunders 1.50 The Royle Family 2.25 French and Saunders 3.00 Close **TCM**

3.00 Elvis on Tour PG (1972) 4.45 The Boy Friend U (1971) 7.15 Disorders PG (1987) 9.00 Soapdish 15 (1991) 10.55 Kuble 18 (1971) 1.05 Fame 15 (1980) 3.15 Soapdish 15 (1991) 5.00 Bonnie Scotland U (1935)

Sky Movies Drama

6.30 One Special Night PG (1999) 8.15 Onegin 12 (1999) 10.15 Goya's Ghosts 15 (2006) 12.15 The Illusionist PG (2006) With Edward Norton 2.15 Agnes of God 15 (1985) With Jane Fonda 4.00 Phenomenon PG (1996) With John Travolta 6.10 Footloose 15 (1984) With Kevin Bacon 8.00 Dead Man Walking 15 (1995) With Susan Sarandon 10.10 We Are Marshall PG (2006) With Matthew McConaughey 12.25 The Astronaut's Wife 18 (1999) With Johnny Depp 2.20 Titus 18 (1999) With Anthony Hopkins 5.00 Yesterday's Children 12 (2005)

Sky Movies Comedy

6.45 Alex Zane's Guest List 7.15 Blame It on the Bellboy 12 (1992) 8.40 The Pirates of Penzance U (1982) 10.40 Carry On Columbus PG (1992) 12.15 Leatherheads PG (2008) With George Clooney 2.15 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler 4.15 Carry On Columbus PG (1992) With Jim Dale 5.55 Boomerang 15

Sky Movies Action/Thriller

(1992) With Eddie Murphy 8.00 Leatherheads PG (2008) With George Clooney 10.00 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler 12.00 Boomerang 15 (1992) With Eddie Murphy 2.00 The Pirates of Penzance U (1982) With Kevin Kline 3.55 Blame It on the Bellboy 12 (1992) 5.20 Special Delivery 12 (2008)

Sky Movies Action/Thriller

6.00 Catch a Fire 12 (2006) 7.55 Night of Terror 18 (2006) 9.30 Die Hard with a Vengeance 15 (1995) 11.40 Jaws 2 PG (1978) With Roy Scheider 1.40 Jaws 3 12 (1983) With Dennis Quaid 3.25 Jaws: The Revenge 12 (1987) With Michael Caine 5.05 Zodiac 15 (2007) With Jake Gyllenhaal 7.50 Die Hard with a Vengeance 15 (1995) With Bruce Willis 10.00 300 15 (2006) With Gerard Butler 12.00 Jaws: The Revenge 12 (1987) With Michael Caine 1.40 Two Days in the Valley 18 (1996) With Danny Aiello 3.30 The Brave One 18 (2007) 5.35 NYC: Tornado Terror 12 (2008)

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football League 10.30 Revista De La Liga 11.00 Football Asia 12.00 Football League 1.30 Revista De La Liga 2.30 Live Cricket. Derbyshire Phantoms v Lancashire Lightning. Coverage continues on Sky Sports 3.7.30 Live Football Special: Wigan Athletic v Manchester United (Kick-off 8.00pm). 10.15 You're on Sky Sports! 11.15 FIFA Futbol Mundial 11.45 Football Special 1.15 Poker 2.45 FIFA Futbol Mundial 3.15 Football Special 4.45 FIFA Futbol Mundial 5.15 Total Rugby 5.45 Sky Sports Classics

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline Adventures 7.00 WWE Vintage Collection 8.00 Revista De La Liga 9.00 Adrenaline Adventures 9.30 360 Series 10.00 European Seniors Tour Golf 11.00 Live Masters Tennis. Day four of the Mutua Madrileña Madrid Open. 12.45 Football Special 1.15 Poker 2.45 FIFA Futbol Mundial 3.15 Football Special 4.45 FIFA Futbol Mundial 5.15 Total Rugby 5.45 Sky Sports Classics

Sky Sports 3

7.00 European Seniors Tour Golf 8.00 Synchronized Swimming 9.00 Poker 10.30 Mountain Bike World 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Sports Unlimited 1.00 Pool 2.00 Adrenaline Adventures 2.30 360 Series 3.00 European Seniors Tour Golf 4.00 Pool 5.00 WWE: Bottom Line 6.00 Boots n' All 7.00 FIFA Futbol Mundial 7.30 Live Cricket. Derbyshire Phantoms v Lancashire Lightning.

10.00 Transworld Sport 11.00 Max Power 12.00 Best of British Motorsport 1.00 Watersports World 2.00 Close

British Eurosport

7.30 UEFA Under-17s Championship Football 8.45 UEFA Under-17s Championship Football 10.15 Eurogoals 11.00 WTA Tennis 12.00 Live WTA Tennis. The Mutua Madrileña Madrid Open 2.00 Live Cycling. Stage five of the Giro d'Italia. 4.30 Live WTA Tennis. The Mutua Madrileña Madrid Open. 5.00 Eurogoals Flash 5.15 Live WTA Tennis. The Mutua Madrileña Madrid Open. 6.45 Planet Armstrong 6.50 Olympic Magazine 7.20 Wednesday Selection 7.25 Badminton-Horse Trials 8.25 Riders Club 8.30 Wednesday Selection 8.40 US PGA Golf 9.40 European Tour Golf 10.10 Golf Club 10.15 Yacht Club 10.30 Planet Armstrong 10.35 Cycling 12.30 Close

Sky Sports Xtra

3.00 Synchronized Swimming 4.00 Adrenaline Adventures 4.30 Aerobics Oz Style 5.00 NFL: Total Access 6.00 WWE: Afterburn 7.00 Total Rugby 7.30 European Tour Weekly 8.00 Boots n' All 9.00 Best of British Motorsport 10.00 Watersports World 11.00 Adrenaline Adventures 11.30 The Irish Golfer 2.00 Close

Sky Sports Xtra

3.00 Synchronized Swimming 4.00 Adrenaline Adventures 4.30 Aerobics Oz Style 5.00 NFL: Total Access 6.00 WWE: Afterburn 7.00 Total Rugby 7.30 European Tour Weekly 8.00 Boots n' All 9.00 Best of British Motorsport 10.00 Watersports World 11.00 Adrenaline Adventures 11.30 The Irish Golfer 2.00 Close

Sky Sports Xtra

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BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 The Unsellables. (T) 11.30 Sun, Sea and Bargain Spotting; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (R) (T) 3.05 CBeebies: Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (R) (T) 3.25 CBBC: Tronji. (T) 3.50 Funky Fables. (R) (T) 4.05 Ed and Ocho's Excellent Inventions. (R) (T) 4.35 Horrible Histories. (T) 5.05 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off the team. Anne Robinson presents. (T) BBC News; Weather. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
6.55 Party Election Broadcast for the European Parliament. By the Labour Party. (R) (T)

7.00 The One Show. Adrian Chiles and Christine Bleakley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T)

7.30 EastEnders. Syd gives Bradley some disappointing news about their relationship and Stacey continues her downward spiral, losing her temper in the salon. Ronnie moves into Jack's flat as they start their new life together, while Nick piles the pressure on Billy and tries to make Dot believe she is losing her memory. (T) BBC News; Regional News. (T)

8.00 My Family. Kenzo's school project on the family gives everyone the opportunity to look back at some of the craziest moments in the Harpers' history. Last in the series. (T)

8.30 DIY SOS. Nick Knowles and the team visit Halstead in Essex, where a simple renovation has turned into a two-year nightmare. With no suitable sleeping accommodation and the lounge resembling a building site, the Curry family calls on the experts to rescue the lounge and diner, with designer Julia Kendall offering a modern alternative for a wall finish. Last in the series. (T)

9.00 Traffic Cops. The officers deal with a speeding driver who has careered off the road and smashed into the roof of a house. Though the motorist is fortunate to have escaped with his life, he has landed in trouble with the traffic police, who suspect the incident was a case of road rage gone too far. Jamie Theakston narrates. (R) (T)

10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Party Election Broadcast for the English Local Elections. By the UK Independence Party. (T)

10.40 Question Time. (T)
11.40 This Week; (T) Holiday Weather. (T)
12.30 Sign Zone: Panorama. (R) (T) 1.00 Sign Zone: Watchdog. (R) (T) 1.30 Sign Zone: Countryfile. (R) (T) 2.25 Sign Zone: Real Rescues. (R) (T) 3.10 BBC



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Doodle Do Making Moments. (R) (T) 7.00 CBBC: Freefonix. (R) (T) 7.25 Newsround. (T) 7.30 Hotel Trubble. (R) (T) 8.00 Prank Patrol. (R) (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder. (R) (T) 8.50 3rd & Bird; (R) (T) Mr Tumble Shorts. (R) (T) 9.10 Something Special. (R) (T) 9.30 Boogie Beebies. (R) (T) 9.45 Get Squiggling. (R) (T) 10.00 Nina and the Neurons. (R) (T) 10.15 Charlie and Lola. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: The Maths Channel. (T) 11.10 Telling Tales. (T) 11.15 Telling Tales. (T) 11.20 BBC Primary Geography. (T) 11.30 Just So Darwin. (T) 11.45 Watch. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Castle in the Country. (R) (T) 1.30 Car Booty. (R) (T) 2.15 Heir Hunters. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Put Your Money Where Your Mouth Is. (T) 5.15 Cash in the Celebrity Attic. (T) 5.55 Party Election Broadcast for the European Parliament. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 The Apprentice. Alan Sugar sends the candidates to the seaside - but far from being on holiday, they have to rebrand Margate, on the Kent coast, in a bid to attract new tourists to the town. (R) (T) 8.00 Property Watch. (T) 9.00 Keep It in the Family. Two brothers take over the family hotel in Taunton. (T) 10.00 The Graham Norton Show. With Willem Dafoe and Lily Allen. An extended edition of the show can be seen on Sunday. (T) 10.30 Newsnight; Weather. (T) 11.20 Party Election Broadcast for the English Local Elections. (R) (T) 11.25 The Apprentice: You're Fired! (R) (T) 12.05 BBC News. (T) 3.10 Close. 4.00 BBC Learning Zone. (T)

Pick of the Day

The Graham Norton Show (BBC2, 10pm)

Poor Graham Norton — he's not had the best few weeks, has he? Not only did he get a lukewarm reception while presenting the Baftas (he'll never match up to Stephen Fry in some peoples' eyes), the Irish star hit the front pages the very next day with the news he had fallen down his stairs at home, breaking two ribs. Adding insult to no-doubt painful injury, the tabloids later splashed headlines about his pay packet being slashed by the Beeb, in a bid to save money in these belt-tightening times. At least Norton still has the consolation of knowing he can still pull in the big names, as this edition of his perky chat show proves. Joining the host is veteran US film star Willem Dafoe, who will immerse himself in the usual blend of chat, comedy monologues and audience participation. Providing the music — and ramping up the campometer (not that it needs it) will be chart-topping singer Lily Allen, who will be betting out her new single, Not Fair. We reckon the song title is something Norton might be saying quite a bit at the moment.

C4

5.50 The Hoobs. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Parents & Teens: Welcome to My World; (R) (T) 3 Minute Wonder. (R) (T) 10.00 Day I Got the Sack; (R) (T) 3 Minute Wonder; (R) (T) 10.30 Take Away My Takeaway; (R) (T) 3 Minute Wonder. (R) (T) 11.00 Teen Tycoons; (R) (T) 3 Minute Wonder. (R) (T) 11.30 Battlefront Television 2009. (T) 12.00 News at Noon. (T) 12.30 Life Begins Again. (R) (T) 1.30 Channel 4 Racing from York and Salisbury. Including the 2.40 toteport.com Dante Stakes (H'cap) (1m 2 1/2). (T) 3.25 Countdown. (T) 4.15 Deal or No Deal: Banker's Birthday. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Art for All. Members of the public visit an art gallery. Last in the series. (T) 8.00 Kirstie's HomeMade Home. Transforming the cottage's garden. Last in the series. (T) 9.00 The Homecoming. A woman searches for people she knew from her children's home. Part of the Britain's Forgotten Children season. (T) 10.00 Extreme Male Beauty. Tim Shaw investigates penis enlargement. (T) 11.05 Man Hunters: Meet the Gigolos. (R) (T) 12.10 4Music: Green Day: Live from Abbey Road. (T) 12.45 Duplebate Drama. (R) (T) 1.15 4Music: Album Chart Show. (R) (T) 1.45 Dish. (R) (T) 1.55 Dispatches: Lost in Care. (R) (T) 2.45 Unreported World. (R) (T) 3.10 3 Minute Wonder: The Filmmakers of Kabul. (R) (T) 3.15 Euro. (R) (T) 4.10 Time Team. (R) (T) 5.05 Countdown. (R) (T) 5.50 The Hoobs. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.40 Roary the Racing Car. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Olivia. (R) (T) 7.15 Little Princess. (R) (T) 7.25 Milkshake! Show Songs. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (T) 8.00 Fifi and the Flowerts. (R) (T) 8.15 Peppa Pig. (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.45 Bert and Ernie's Great Adventures. (R) (T) 8.55 Chiro. (R) (T) 9.00 Rupert Bear. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (T) 11.45 Colin and Justin's How Not to Decorate. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.05 FILLM: The Cradle Will Fall (2004). Mystery, starring Angie Everhart. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 6.55 Party Election Broadcast for the European Parliament. (T) 7.00 Five News at 7. (T) 7.15 Cricket on Five. England v West Indies. Mark Nicholas introduces highlights from the opening day of the Second Test, held at the Riverside Ground in Co Durham; (T) 7.15 Five News Update. (T) 8.00 1 Own Britain's Best Home 2009. A Hampshire manor, a modern town house and a converted school; (T) 8.00 Five News at 9. (T) The Mentalist. The star witness in a narcotics case is murdered. (T) 10.00 Law & Order: Criminal Intent. An expert in silver is murdered. (R) (T) 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 Quiz Call. 4.00 NBA Basketball. (R) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 2.59 London Weather. (T) 3.00 Dickinson's Real Deal. (T) 4.00 The Biggest Loser. (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T)

6.00 London Tonight: Weather. (T)
6.25 Party Election Broadcast for the European Parliament. By the Labour Party. (T)

6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Rodney remains concerned for his daughter's health and begs Jimmy to be civil to her. Nicola has her first scan but shocks Laurel by revealing she intends to have an abortion. Elsewhere, David jeopardises his election hopes following a drunken incident in the Woolpack, and Val decides to live up lunchtime trade by holding a quiz. (T)

7.30 Countrywise. Paul Heiney visits the Malvern Hills, nominated as one of the best places in Britain to walk a dog. He also helps to shear sheep the Victorian way and Selina Scott visits the most remote railway station in the country. (T)

8.00 The Bill. Part one of two. Max is convinced a woman shopper caught on CCTV is acting as a decoy when a toy shop is robbed and the manager is left suffering from a serious gunshot wound. Millie is equally convinced of her innocence, even after it emerges the woman is related to the chief suspect, and a gun is found hidden beneath the mattress of her baby's cot. Mark Monero guest stars. (T)

9.00 Taggart. The search for an abducted student leads nowhere until a 'psychic adviser' to the missing girl's mother approaches the police, offering to help track her down. Burke grudgingly agrees to attend one of her shows and is stunned by the accuracy of information he is given about his father that no-one else could possibly know. Drama, starring Alex Norton and Blythe Duff. (R) (T)

10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)

10.35 FILM: Van Helsing (2004). Gothic action adventure, starring Hugh Jackman. (T)

12.50 British Superlives. 1.40 Motorsport UK. (T) 2.30 Crossing Jordan; (R) (T) ITV News Headlines. 3.20 Loose Women. (R) 4.10 ITV Nightscreen.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1900 O Preço Certo 2000 News 2100 Grande Entrevista 2145 A Minha Família 2215 Duelo Final 2300 Corredor do Poder 0000 Quarto Crescente 0100 Journeymen, series 0200 Prova de Amor 0400 Telessaas 0605 Nôs

RTP2

0720 Zig Zag 1400 Sociedade Civil 1530 AB Ciência 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Iniciativa 1930 Zig Zag 2045 Everybody Hates Chris, series 2115 National Geographic 2200 News 2240 Fringe, series 2330 Versailles, The Dream of a King 0030 Noites da Dois 0100 Unosados 0130 Iniciativa 0215 Euronews 0500 Sociedade Civil

SIC

0600 Sic Notícias 0900 Ligou, Ganhou! 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1530 Contacto 1715 Rebelde Way 1800 Três Irmãs 1900 Nôs por Cá 2000 News 2115 Aqui e Agora 2200 Nô Há Crise 2300 Caminho das Índias 2345 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 Cartaz Cultural 0230 Quando o Telefone Toca 0430 Entourage, series

TVI

0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2115 Flor do Mar 2215 Aniversário Campo Pequeno 0130 The Office, series 0200 Cartaz das Artes 0230 Sempre a Vítima 0430 Law & Order: Special Victims Unit, series 0530 Telessaas

Best of the Rest

BBC3

7.00 Lily Allen at Radio 1's Big Weekend 8.00 Eurovision Song Contest 2009 10.00 EastEnders 10.30 Two Pints of Lager and a Packet of Crisps 11.00 Two Pints of Lager: The Out-Takes 11.30 Family Guy 12.15 Ideal 12.45 Eurovision Song Contest 2009 2.45 Two Pints of Lager and a Packet of Crisps 3.15 Two Pints of Lager: The Out-Takes 3.45 Ideal 4.15 Lily Allen at Radio 1's Big Weekend 5.15 Close

BBC4

7.00 World News Today 7.00 Weather 7.40 The New Avengers 8.30 Wainwright Walks: Coast to Coast 9.00 In Search of the Pope's Children 9.50 Coast 10.00 A Poet's Guide to Britain 10.30 Legends: The Chieftains 11.30 Film: Dead Bodies 15 (2003) 12.55 In Search of the Pope's Children 1.45 Wainwright Walks: Coast to Coast 2.15 The New Avengers 3.05 A Poet's Guide to Britain 3.35 Wainwright Walks: Coast to Coast 4.05 Close

ITV2

1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.25 Sally Jessy Raphael 6.10 Judge Judy 7.00 All Star Family Fortunes 7.45 Sugababes: The Hot Desk 8.00 American Idol 9.00 Katie & Peter: Stateside 10.00 The Justin Lee Collins Show 11.00 Supernatural 12.00 American Idol 1.00 The Justin Lee Collins Show 1.55 Entourage 2.20 Entourage 2.50 Teleshopping 5.50 ITV2 Nightscreen

Sky1

1.00 Tabatha's Salon Takeover 2.00 Tru Calling 3.00 Cold Case 4.00 Malcolm in the Middle 4.30 It's Me or the Dog USA 5.30 Futurama 6.00

Futura 6.30

Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 The Real A&E 9.00 Bones 10.00 Lie to Me 11.00 Law & Order 12.00 Road Wars 1.00 Road Wars 1.50 Inside: America's Toughest Jail 2.40 Drugs Wars: DEA 3.40 Road Wars 5.55 Stargate SG-1 4.45 Stargate SG-1 5.35 Cruise with Stellos: Caribbean

G.O.L.D

1.00 Last of the Summer Wine 1.40 Last of the Summer Wine 2.20 The Green Green Grass 3.00 Last of the Summer Wine 3.40 Ever Decreasing Circles 4.20 My Family 5.00 Whatever Happened to the Likely Lads? 5.40 As Time Goes By 6.20 One Foot in the Grave 7.40 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 The Green Green Grass 9.00 Family Towers 9.40 Fawley Towers - Re-opened 11.45 Fawley Towers 12.25 French and Saunders 1.20 Close Up 1.30 The Two Ronnies 2.30 Bread 3.00 Close

TCM

3.00 The Singing Nun U (1966) 4.55 The Ballad of Cable Hogue PG (1970) 7.15 Cats & Dogs PG (2001) 9.00 Boogie Nights 18 (1997) 11.50 Troj 15 (1971) 1.35 Boogie Nights 18 (1997) 4.10 Off Set 5.00 The Oklahoma Man U (1957)

The Disney Channel

Kids' programmes from 7am

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MOVIES

Sky Movies Drama

6.45 Above and Beyond 15 (2001) 8.30 The Other Sister 12 (1999) 10.45 Broken Bridges PG (2006) 12.45 Love N' Dancing 12 (2008) With Amy Smart. 2.30 Consenting Adult 15 (1992) With Kevin Kline. 4.15 The Astronaut Farmer PG (2006) With Billy Bob Thornton. 6.00 The Last of the Mohicans 15 (1992) With Daniel Day-Lewis. 8.00 PS I Love You 12 (2007) With Hilary Swank. 10.10 American History X 18 (1998) With Edward Norton. 12.15 Vanishing Point 18 (1971) With Barry Newman. 2.10 In Dreams 18 (1999) With Annette Bening. 4.20 The Top 10 Show 4.20 The Patron Saint of Liars PG (1997)

Sky Movies Comedy

7.00 The Muse PG (1999) 8.40 Alex Zane's Guest List 9.10 The Sugarland Express PG (1974) 11.10 Mannequin PG (1987) With Andrew McCarthy. 12.45 Jonas Brothers Special 1.15 Life 15 (1999) With Eddie Murphy. 3.15

Deuce Bigalow: Male Gigolo 15 (1999) With R o b Schneider. 4.50 Magicians 15 (2007) With Robert Webb. 6. 2 5 Mannequin PG (1987) With A n d r e w McCarthy. 8.00 Life 15 (1999) With Eddie Murphy. 10.00 Deuce Bigalow: Male Gigolo 15

(1999) With Rob Schneider. 11.35 As Good as It Gets 15 (1997) With Jack Nicholson. 2.00 Raising Arizona 12 (1987) With Nicolas Cage. 3.40 Magicians 15 (2007) 5.15 The Sugarland Express PG (1974)

Sky Movies Action/Thriller

7.10 A Bridge Too Far PG (1977) 10.15 Die Hard 18 (1988) 12.40 Fantastic Four: Rise of the Silver Surfer PG (2007) With Ioan Gruffudd. 2.25 Airport 1975 PG (1974) With Charlton Heston. 4.25 Pathfinder 15 (2007) With Karl Urban. 6.20 Fantastic Four: Rise of the Silver Surfer PG (2007) With Ioan Gruffudd. 8.00 Die Hard 18 (1988) With Bruce Willis. 10.15 Shoot 'Em Up 18 (2007) With Clive Owen. 11.55 Delta Force II: The Colombian Connection 18 (1990) With Chuck Norris. 2.05 Dead Presidents 18 (1995) With Larenz Tate. 4.15 Airport 1975 PG (1974)

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football Special 10.30 Live Test Cricket. England v West Indies. 7.00 Premier League World 7.30 Live Football League. A League One play-off semi-final second leg match. (Kick-off 7.45pm). 10.00 Time of Our Lives 11.00 Premier League World 11.30 The Rugby Club 12.30 Test Cricket 2.30 Time of Our Lives 3.30 Premier League World 4.00 Football League 5.30 Premier League World

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline Adventures 7.00 WWE: Experience 8.00 Boots 'n' All 9.00 Adrenaline Adventures 9.30 European Tour Weekly 10.00 Live European Tour Golf. The Irish Open. 1.00 Total Rugby 1.30 Football Special 3.00 Live European Tour Golf. The Irish Open. 6.00 Adrenaline Adventures 6.30 IAAF Athletics Weekly 7.00 Live Masters Tennis. Day five of the Mutua Madrileña Madrid Open. 11.00 NFL: Total Access 12.00 Football League 1.30 Golf Night 4.00 The Rugby Club 5.00 The Dogs 5.30 Close

Sky Sports 3

8.30 Best of British Motorsport 9.30 FIFA Futbol Mundial 10.00 Transworld Sport 11.00 Live Masters Tennis. Day five of the Mutua Madrileña Madrid Open. 7.00 The Rugby Club 8.00 Test Cricket 10.00 WWE: Late Night - Raw 12.00 Extreme Championship Wrestling 1.00 WWE Wrestling Special 2.00 The Dogs 2.30 Race World 3.30 Close

British Eurosport

7.35 Olympic Magazine 8.00 Le Mans Endurance Series 8.30 Porsche Supercup 9.00 Rallying 9.30 Cycling 10.55 Planet Armstrong 11.00 WTA Tennis 12.00 Live WTA Tennis. The Mutua Madrileña Madrid Open. 2.00 Live Cycling. Coverage of the sixth stage of the Giro d'Italia. 4.30 Live WTA Tennis. The Mutua Madrileña Madrid Open. 5.00 Eurogals Flash 5.15 Live WTA Tennis. The Mutua Madrileña Madrid Open. 6.15 WTA Tennis 6.55 Planet Armstrong 7.00 World Superbikes 8.30 MotoGP 9.30 Motocross 12.25 Planet Armstrong 12.30 Close

Sky Sports Xtra

10.00 Best of British Motorsport 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Watersports World 1.00 Boots 'n' All 2.00 Adrenaline Adventures 2.30 Total Rugby 3.00 Best of British Motorsport 4.00 NFL: Total Access 5.00 WWE Vintage Collection 6.00 WWE Wrestling Special 7.00 The Dogs 7.30 Live Rugby League. Leigh Centurions v Widnes Vikings (Kick-off 7.30pm). 9.30 Golf Night 12.00 Race World 1.00 Adrenaline Adventures 1.30 IAAF Athletics Weekly 2.00 Rugby League 4.00 Close

(R)-repeat programme;
(T)-programme with teletext subtitles;
(S)-programme broadcast in stereo;
(bw)-black and white.

Everything in English

WORLD TELECOM

707
500
600

FRI

BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 The Unsellables. (T) 11.30 Sun, Sea and Bargain Spotting; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather. Regional News. (T) 3.05 CBeebies: Big & Small. (R) (T) 3.15 Grandpa in his Pocket. (R) (T) 3.25 CBBC: Tronji. (T) 3.50 Funky Fables. (R) (T) 4.05 Animals at Work. (R) (T) 4.35 Trapped. (R) (T) 5.05 Newsround. (T)

5.15 Weakest Link. General knowledge quiz. (R) (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 6.55 Party Election Broadcast for the European Parliament. By the Conservative Party. (R) (T) 7.00 The One Show. Live topical show in which reporters uncover the UK's most fascinating stories. Adrian Chiles and Christine Bleakley present. (T)

7.30 A Question of Sport. With former West Ham United footballer Tony Cottey, rugby pundit Jonathan Davies, and respective Olympic swimming and athletics gold medalists Adrian Moorhouse and Sally Gunnell; (T) BBC News; Regional News. (T)

8.00 EastEnders. Stacey pursues Max and refuses to take no for an answer, stealing his house keys and waiting for him in bed. But her erratic behaviour leads the market inspector to close her stall. (T)

8.30 Total Wipeout Fast Forward. Another chance to see the adventure game show in which 20 men and women per week travel to Argentina to compete in physically demanding games on a purpose-built obstacle course - now condensed into half-an-hour. Richard Hammond presents from the studio, while Amanda Byram is on the spot to talk to contestants about their performance. (T)

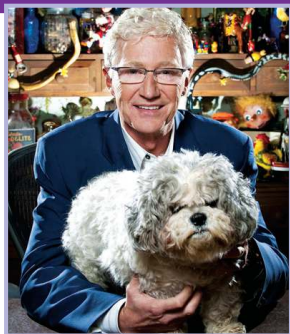
9.00 Have I Got News for You. Rolf Harris asks the questions in this edition of the long-running satirical current affairs quiz. Panelists include comedy writer Andy Hamilton. (T)

9.30 Reggie Perrin. Nicola's indifference causes Reggie to grow increasingly frustrated, and their marriage faces its biggest test yet when the executive is sent on a business trip with Jasmine. (T)

10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 Friday Night with Jonathan Ross. The host is joined by Ben Stiller, whose Night at the Museum sequel is released this month, as well as Angels & Demons star Ewan McGregor and rapper Eminem. (T)

11.35 The National Lottery EuroMillions Draw. Cat Cubie presents coverage of the National Lottery EuroMillions weekly draw. (T)

11.40 FILM: The Hunted (2003). Action thriller, starring Tommy Lee Jones; (T) Weatherview. (T) 1.15 Sign Zone: Louis Theroux - A Place for Paedophiles. (R) (T) 2.15 Sign Zone: Orangetan Diary. (R) (T) 2.45 Sign Zone: Real Rescues. (R) (T) 3.30 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Doodle Do Making Moments. (R) (T) 7.00 CBBC: Freerion. (R) (T) 7.25 Newsround. (T) 7.30 Hotel Trubble. (R) (T) 8.00 Prank Patrol. (R) (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder. (R) (T) 8.50 3rd & Bird. (R) (T) Mr Tumble Shorts. (R) (T) 9.10 Something Special. (R) (T) 9.30 Boogie Beebies. (R) (T) 9.45 Get Squiggling. (R) (T) 10.00 Nina and the Neurons. (R) (T) 10.15 Charlie and Lola. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Words and Pictures. (T) 11.10 Razzle Dazzle. (T) 11.30 Science Clip Investigations. (T) 11.40 Look and Read. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Castle in the Country. (R) (T) 1.30 Car Booty. (R) (T) 2.15 Heir Hunters. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Put Your Money Where Your Mouth Is. (R) (T) 5.15 Cash in the Celebrity Attic. (T) 5.55 Party Election Broadcast for the European Parliament. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Who Killed the Honey Bee? The decline in bee colonies. Previously shown on BBC4. (T) 8.00 Gardeners' World. Toby Buckland plants tropical borders to give a taste of the exotic and advises on herbaceous perennials. Carol Klein teaches her proteges the art of taking root cuttings. (T) 9.00 English Heritage. The restoration of London's King's Cross station. Last in the series. (T) 10.00 Britain's Best Drives. Richard Wilson drives a Ford Zodiac through North Wales. Previously shown on BBC4. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 Later with Jools Holland. (T) 12.40 Medium. (R) (T) 1.20 The Wire. (R) (T) 2.20 The Wire. (R) (T) 3.15 The Wire. (R) (T) 4.10 Close.

Pick of the Day

The Paul O'Grady Show (C4, 5pm)

Is there no end to Paul O'Grady's talents? Over the years he's been a waiter, a barman, a civil servant, a woodsman, clerk and actor. After becoming a cult star as drag queen Lily Savage, he crossed over into mainstream entertainment, before deciding Lily should hang up her platinum curls for good in 2004. Once he started appearing as himself, Paul's career went through the roof. A spell filling in for Des O'Connor on the much-missed Today with Des and Mel programme made TV bosses appreciate he was perfect for the chat-show format, and after successfully launching this series on ITV1, he set up camp at Channel 4. The rest as they say is history, with Paul now juggling TV duties with his successful Radio Two Sunday show. In the latest offering, presenter Fern Britton and chef/husband Phil Vickery join the comedian for another blend of features, cash-prizes and contributions from other famous faces. It won't tax the brain too hard, but if you're looking for something to help you wind down after a hard day, then this fits the bill admirably.

C4

6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Parents & Teens: Welcome to My World. (R) (T) 9.55 Mediabox Short Films 2009. (T) 10.00 Day I Got the Sack. (R) (T) 10.25 Mediabox Short Films 2009. (T) 10.30 Take Away My Takeaway. (R) (T) Before and After. (R) (T) 11.00 Teen Tycoons. (R) (T) 11.25 Mediabox Short Films 2009. (T) 11.30 Battlefront Television 2009. (T) 12.00 News at Noon. (T) 12.30 Life Begins Again. (R) (T) 1.30 Channel 4 Racing from York and Newbury. Including the 2.40 Emirates Airline Yorkshire Cup (1m 6f). (T) 3.25 Countdown. (R) (T) 4.15 Deal or No Deal: Banker's Birthday. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Unreported World. Allegations that police are involved in murders in Brazil. Last in the series. (T) 8.00 A Place in the Sun: Home or Away. A couple choose between Perthshire and Cosenza in Italy. (T) 9.00 Ramsay's Kitchen Nightmares USA. A struggling restaurant on Long Island. (R) (T) 10.00 FILM: There's Something About Mary (1998). A man tries to track down his high-school sweetheart - but discovers he has rivals for her affections. Comedy, starring Cameron Diaz and Ben Stiller. (T) 12.15 4Music: Akon. Album Chart Show Special. (T) 12.50 4Music: JD Set Presents: Future of the Left. (T) 1.05 No Angels. (R) (T) 2.05 What About Brian. (T) 2.45 Hill Street Blues. (R) 3.35 Friday Night In. (R) (T) 3.45 Great Civilisations. (R) (T) 4.10 Time Team. (R) (T) 5.05 Countdown. (R) (T)

FIVE

6.00 Milkshake! Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.40 Roary the Racing Car. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Olivia. (R) (T) 7.15 Little Princess. (R) (T) 7.25 Milkshake! Show Songs. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (T) 8.00 Fifi and the Flowerbots. (T) 8.15 Peppa Pig. (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.45 Bert and Ernie's Great Adventures. (R) (T) 8.55 Chiro. (R) (T) 9.00 Rupert Bear. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (T) 11.45 Colin and Justin's How Not to Decorate. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.05 Rosamunde Pilcher's Autumn. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 6.55 Party Election Broadcast for the European Parliament. (T) 7.00 Five News at 7. (T) 7.15 Cricket on Five. England v West Indies. Mark Nicholas presents highlights from the second day of the Second Test, held at the Riverside Ground in Durham; (T) 7.15 Five News Update. (T) 8.00 Police Interceptors. Officers chase a drug dealer on a motorway; (R) (T) 8.00 Five News at 9.00 NCIS. Part two of two. Gibbs investigates the death of a team member. Last in the series. (T) 10.00 Num3rs. A militant anti-rights group targets a university research lab. (T) 11.00 Criminal Minds. (R) (T) 12.00 Quiz Call. 4.00 The Gadget Show. (R) (T) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

15 MAY

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 2.59 London Weather. (T) 3.00 Dickinson's Real Deal. (T) 4.00 The Biggest Loser. (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T) London Tonight; Weather. (T) 6.00 Party Election Broadcast for the European Parliament. By the Conservative Party. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. Nicola cannot go through with the abortion, Andy fears his custody battle has been affected when Victoria is caught playing truant and Maisie considers reconciling with her family. (T)

7.30 Coronation Street. Just as he has made a decision about his future with Mary, a mysterious visitor throws Norris's life into chaos. Eileen refuses to forgive Colin, and Connie invites Jack on holiday. (T)

8.00 Make My Kids Happy: Tonight. Part two of two. Fiona Foster presents the results of the unique experiment to boost the self-esteem of typical teenagers by getting the group to live for a month without make-up, electronic gadgets or fashionable clothes. In a scientifically tested exercise, she reveals whether the removal of these status-carrying items can change their view of the world and break the cycle of consumerism. (T) Coronation Street. Norris refuses to have anything to do with his brother, despite Rita and Emily's best efforts. Maria realises that Fizz has been visiting John, and Colin reveals his regrets. (T)

9.00 Boy Meets Girl. A night with Jay pushes Danny to breaking point and he tries to persuade everyone in the office he is not Veronica but a man trapped in a woman's body - a rash decision that ends with him locked up in a secure unit. He learns that his body-swap partner has been living a lie all along, and his only chance of getting free and winning Fiona's heart is to keep up the pretence. Comedy drama, starring Martin Freeman and Rachel Stirling. (T)

10.00 News at Ten and Weather. (T) 10.30 London News and Weather. (T)

10.35 FILM: Red Heat (1988). Action thriller, starring Arnold Schwarzenegger. (T) 12.30 Nightwatch with Steve Scott: Crime; (R) ITV News Headlines. 1.25 FILM: Saved! (2004). Premiere. Comedy drama, starring Jena Malone. (T) 3.00 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 Antas Pelo Contorno 2115 Pai & Família 2200 Duelo Final 2300 Eurovision 0115 Dance with Me, film 0300 Prova de Amor 0400 Telefeles
RTP2
0720 Zig Zag 1400 Sociedade Civil 1530 Ab Ciência 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 A Alma e a Gente 1945 Zig Zag 2045 Everybody Hates Chris, series 2115 Grandes Livros 2200 Series 2230 Brothers and Sisters, series 2330 Diga Lá! Excelência 0015 Bastiões 0100 Noites da Boa 0145 Palcos 0315 Euronews 0500 Sociedade Civil
SIC
0600 Sic Notícias 0900 Ligo, Ganhou! 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1530 Contacto 1715 Rebelde Way 1800 Três Irmãs 1900 Nós por Cá 2000 News 2130 Tã a Gravar 2300 Caminho das Índias 2345 Potia Acabar o Mundo 0045 Criminal Minds, series 0145 CSI New York, series 0230 Quando o Telefone Toca 0430 Entourage, series
TVI
0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2145 Euronews 2200 Film: Trés Irmãs 2245 Deixa Que Eu Te Veio 0000 Olhos nos Olhos 0145 Blade Trinity, film 0300 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Telesales

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Best of the Rest

BBC3
7.00 Top Gear 8.00 Freaky Eaters 9.00 Georgia's Story - 33 Stone at 159.50 The Real Hustle Las Vegas 10.00 EastEnders 10.30 Snog, Marry, Avoid? 11.00 Two Pints of Lager and a Packet of Crisps 11.30 Family Guy 11.55 Family Guy 12.15 Coming of Age 12.45 Bizarre ER 1.15 Ideal 1.45 Snog, Marry, Avoid? 2.15 Two Pints of Lager and a Packet of Crisps 2.45 Coming of Age 3.15 Bizarre ER 3.45 Ideal 4.15 Freaky Eaters 5.10 Close 5.15 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 A Poet's Guide to Britain 8.05 Dido & Aeneas from the Royal Opera House 9.10 So Hard to Beat 9.50 So Hard to Beat 10.30 BBC Four Sessions 1.10 Flight of the Conchords 1.15 Flight of the Conchords: On Air 12.20 The New Avengers 1.15 Van Morrison on Later with Jools Holland 1.45 BBC Four Sessions 2.50 So Hard to Beat 3.30 So Hard to Beat 4.10 Close

ITV2
1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.25 Sally Jessy Raphael 6.10 Judge Judy 7.00 Britain's Got Talent 8.00 Britain's Got Talent 9.00 American Idol 10.00 Katie & Peter: Stateside 11.00 Coronation Street 11.30 Coronation Street 12.00 The Justin Lee Collins Show 1.00 American Idol 1.55 Teleshopping 4.55 ITV2 Nightscreen

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Sky1
1.00 Tabatha's Salon Takeover 2.00 Tru Calling 3.00 Cold Case 4.00 Malcolm in the Middle 4.30 It's Me or the Dog USA 5.30 Futurama 6.00 Futurama 6.30 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Guinness World Records Smashed! 9.00 Film: X-Men 12 (2000) 11.05 Road Wars 12.05 Prison Break 1.05 Road Wars 2.00 Road Wars 2.55 Inside: The Prison Code 3.45 Bite Size Strainig 3.50 Stargate SG-1 4.40 Stargate SG-1 5.35 Cruise with Stellos: Caribbean

G.O.L.D
1.00 Last of the Summer Wine 1.40 Last of the Summer Wine 2.20 The Green Green Grass 3.00 Last of the Summer Wine 3.40 Ever Decreasing Circles 4.20 My Family 5.00 Whatever Happened to the Likely Lads? 5.40 As Time Goes By 6.20 One Foot in the Grave 7.00 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 The Green Green Grass 9.00 Faulty Towers 9.40 The Royle Family 10.20 Faulty Towers 11.00 Men Behaving Badly 11.40 French and Saunders 12.20 The Royle Family 1.00 Men Behaving Badly 1.40 The Dick Emery Show 2.00 French and Saunders 2.30 Bread 3.00 Close

TCM
1.00 A Fine Madness PG (1966) 3.00 Downhill Racer PG (1969) 4.55 Crazy from the Heart PG (1991) 6.40 Swing Shift PG (1984) 8.30 The Screening Room 9.00 Bullitt 15 (1968) 11.05 Being Human 15 (1994) 1.20 Quick Change 15 (1990) 3.00 Rollover 15 (1991) 5.00 Mister Roberts U (1955)

The Disney Channel
Kids' programmes from 7am, except: 6.30 Film: Minutemen PG (2008) Sci-fi comedy, starring Jason Jolley. 10.00 Film: Minutemen PG (2008) Sci-fi comedy, starring Jason Jolley.

Sky Movies Drama

6.00 Malpractice PG (2001) 7.40 The Children of Huang Shi 12 (2008) 9.50 West Side Story PG (1961) 12.25 The Trench 15 (1999) With Daniel Craig. 2.10 Amazing Grace PG (2006) With Ioan Gruffudd. 4.10 Pateon 15 (1986) With Charlie Sheen. 6.10 No Reservations PG (2007) With Catherine Zeta-Jones. 8.00 Lions for Lambs 15 (2007) With Robert Redford. 9.40 The Siege 15 (1998) With Denzel Washington. 11.40 Scarface 18 (1983) With Al Pacino. 2.30 The Thin Red Line 15 (1998) With Sean Penn. 5.20 Sam Churchill: Search for a Homeless Man PG (1998)

Sky Movies Comedy

7.10 Running with Scissors 15 (2006) 9.15 Alex Zane's Guest List 9.45 Don't Go Breaking My Heart PG (1999) 11.30 What About Bob? PG (1991) With Bill Murray. 1.15 Semi-Pro 15 (2008) With Will Ferrell. 2.55 Balls of Fury 12 (2007) With Dan Fogler. 4.35 Commandments 15 (1997) With Aidan Quinn. 6.15 What About Bob? PG (1991) With

Bill Murray. 8.00 Semi-Pro 15 (2008) With Will Ferrell. 9.35 Balls of Fury 12 (2007) With Dan Fogler. 11.10 American Pie Presents: Beta House 18 (2007) With John White. 12.45 Commandments 15 (1997) With Aidan Quinn. 2.20 American Pie Presents: Beta House 18 (2007) With John White. 3.50 Alex Zane's Guest List 4.20 Don't Go Breaking My Heart PG (1999)

Sky Movies Action/Thriller

6.05 Back in Business PG (2007) 7.30 Havana PG (1990) 9.55 The Eiger Sanction 15 (1975) 12.05 Ghost Rider 12 (2007) With Nicolas Cage. 1.55 Die Hard 2 18 (1990) With Bruce Willis. 4.00 The Eiger Sanction 15 (1975) With Clint Eastwood. 6.10 Pirates of the Caribbean: At World's End 12 (2007) With Johnny Depp. 9.00 Die Hard 2 18 (1990) With Bruce Willis. 11.10 Ghost Rider 12 (2007) With Nicolas Cage. 1.05 Face 18 (1997) With Robert Carlyle. 2.55 Nightwatches 18 (1981) With Sylvester Stallone. 4.45 Back in Business PG (2007)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football League 10.30 Live Test Cricket. England v West Indies. 7.00 Premier League Preview 7.30 Live Football League. A League One play-off semi-final second-leg match (kick-off 4.55pm). 10.00 Test Cricket 12.00 Premier League Preview 12.30 Football League 2.00 Friday Night 4.00 Football League 5.30 Premier League Preview

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline Adventures 7.00 Test Cricket 9.00 The Rugby Club 10.00 Live European Tour Golf. The Irish Open. 1.00 Premier League World 1.30 Football League 3.00 Live European Tour Golf. The Irish Open. 6.00 Off The Bar 6.30 Tight Lines 7.30 Live Super League. Castleford Tigers v Leeds Rhinos (kick-off 8.00pm). 10.00 Live Friday Night Fight. Top bouts. 12.00 Super League 2.00 Test Cricket 4.00 Off The Bar 6.30 WWE Wrestling Special 5.30 Ocean Race

Sky Sports 3

6.30 The Dogs 7.00 WWE Wrestling Special 8.00 WWE: Raw 10.00 Race World 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Transworld Sport 1.00 Live Masters Tennis. Day six of the Mutua Madrileña Madrid Open. 5.00 NFL: Total Access 6.00 World Sport 6.30 Ocean Race 7.00 Live Masters Tennis. Day six of the Mutua Madrileña Madrid Open. 11.00 WWE: Late Night - Smackdown 1.00 WWE: Late Night - Bottom Line 2.00 WWE Wrestling Special 3.00 Off Night 5.30 IAAF Athletic Weekly

British Eurosport

7.30 World Touring Car Championship 8.00 Cycling 8.55 Planet Armstrong 9.00 UEFA Under-17s Championship Football 10.00 Live UEFA Under-17s Championship Football. The second half of the second semi-final. 11.45 Eurogoals Flash 12.00 Live WTA Tennis. The Mutua Madrileña Madrid Open quarter-finals. 2.00 Live Cycling. Stage seven of the Giro d'Italia. 4.30 Eurogoals: Oneto One 4.45 Live UEFA Under-17s Championship Football. The second semi-final (kick-off 4.45pm). 5.30 Eurogoals Weekend 5.45 Live UEFA Under-17s Championship Football. The second half of the second semi-final. 6.25 Planet Armstrong 6.30 MotoGP 8.30 World Superbikes 9.30 Poker 10.30 Yoz Magazine 11.30 20th Anniversary Special 12.30 Close

Sky Sports Xtra

11.00 Rugby League 1.00 The Rugby Club 2.00 The Dogs 2.30 IAAF Athletic Weekly 3.00 WWE Wrestling Special 4.00 WWE: Raw 6.00 Live Rugby Union. Lions v Waratahs (kick-off 6.10pm). 8.00 Golf Night 10.30 Premier League Preview 11.00 Tight Lines 12.00 Rugby Union 2.00 Adrenaline Adventures 2.30 Off The Bar 3.00 Tight Lines 4.00 NFL: Total Access 5.00 World Sport 5.30 360 Series

(R) - repeat programme;
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THE SALVATION ARMY in São Brás de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Brás at 5pm, Rua 25 de Abril, n.º 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English - 11am at St. Lourenço Church - Almoncil - 6.30pm at Four Seasons Country Club - Quinta do Lago - Almoncil. Further information, Griselda Neto on 965168120 or Vitor on vgn@domopor.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP International Christian Fellowship in Portimão. Sundays at 11am. * Sunday School for Children in English & Portuguese* Avda 25 de abril 17 r/c-D, Portimão) *opposite public swimming pool (piscina municipal) *Tel 282 461 985. Website: www.coaa.co.uk/icf.htm.

LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5 p.m. about 100m North of bulring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: pastor@ibev.pt

CHURCH IN ALJEZUR / VALE DE TELHA. Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. 5 Travessa de Santo Amaro, Lagos, Tel. 282-086804 or 282-697546, www.icc-lagos.org.

INTERNATIONAL EVANGELICAL CHURCH OF THE ALGARVE
Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterside Park. Services in

English, creche and Sunday School. For further information: 289 328635.

LAGOA CHRISTIAN FELLOWSHIP An international English speaking church. Contemporary worship and Christ-centred study of the Bible. "God Squad" for kids, toddlers thru pre-teen. Service every Sunday 11am to 12.30 pm. Portuguese translation available. Address: EN125 - Vale de Lousas, Alcantarilha. Pastor Alípio Amaral Tel: 282 381347. Visit our website at www.lagoafellowship.com

TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Cândido Reis. Full programme and further details from Jackie 281 322 857, Geoff 969 100 121 or Maria 966 380 404. E-mail: jackieandmo@yahoo.co.uk

RESGATE DEVIDA, LAGOS, Raising up a new generation according to Eph.4 v 11-12, Church with a Brazilian Flavor. Portuguese speaking, Children Welcome. Meeting on Sundays 8pm - 10pm at Rua, Hospital S. João de Deus. For directions phone Pastors Sidney 963414757 or Anderson 962934005

ROMAN CATHOLIC ST. ANDREWS, PENINA
R.C. Mass in English every Saturday 6pm, St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 459151

SALVATION ARMY Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

EREV SHABAT - For services Tel: 282 416710

JEHOVAH'S WITNESSES - Public Talk in English. The New Kingdom Hall of Jehovah's Witnesses, 25 Largo Emgembreiro Sarrea Prado, Portimão (Next door to the University). Saturday 4pm. School Tuesday 7.30pm Tel: 282 485 495. (Chinese: Saturday 4pm) No collection. Also Rua Bartolomeu Dias, Albufeira. (Next to the Junta da Freguesia). Sunday 10.15 am. School Wednesday 7.45pm Tel: 282 442 279. No collection.

Oporto

GREATER GRACE INTERNATIONAL FELLOWSHIP has contemporary Christian gatherings on Sunday afternoons at 3rd Baptist Church, Rua Estacao 133, Porto, & Saturday evenings on the 1st floor at Confeitaria Palacio, Porto (across from the "Emergency" entrance of Hospital Santo Antonio); for meeting times, details and updated schedule visit www.NovaAurora.com, call 220 994 785 or send a SMS to 917 112 736.

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ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO. Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoporto.org

THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde). Service 10am, Salvation Meeting 5.00pm. Colours Corps. (Av. dos Bombeiros Voluntários; Tel: 22 929

1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

JEHOVAH'S WITNESSES - Public Talk in English. Praça Don Alfonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

Caldas da Rainha

ANGLICAN EVENING WORSHIP IN ENGLISH. At 6:00pm on the first Sunday of each month, except in August and January. Held in the Evangelical Baptist Church, Rua Dr. José Saudade e Silva 27/29 (between Caldas da Rainha Railway Station and 'Pingo Doce'. All welcome.

JEHOVAH'S WITNESSES - Public Talk in English. Rua Adelino Amaro da Costa, next to CERCIP. 2520 Peniche, Óbidos. Sunday 11am (1st & 2nd Sunday of the month). No collection.

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Upward Glimpse
with Joyce Voelker

Ordinary People

"Praise be to the God and Father of our Lord Jesus Christ... For he chose us in him before the creation of the world." Ephesians 1:3-4

Recently I have been reading through the gospels. Over and over again as I read the words penned by Matthew, Mark, Luke and John, I stop to ask myself why God chose this particular group of 12 common, ordinary men to be His special followers. Why choose fishermen and tax collectors when He could have chosen men of status? Out of all of the people on the globe at that moment, why did God choose them?

None of the disciples were chosen because of their spiritual merits or extraordinary abilities. God didn't hold some kind of "Galilean Idol" competition in which people lined up for the chance to audition before the Almighty and a few celebrity judges. On the contrary, from what we know of these men, their lives were quite unspectacular. They were insignificant, working class men. So why on earth did God choose them? And, while we are on the subject, couldn't the same thing be asked about each of us? Who are we that the God of the universe would choose us?

God chooses ordinary people. Scripture is packed with examples of God's choices, ordinary men who were handicapped by God, for reasons known only to Him.

Abraham became the father of many nations. Moses led the Israelites out of captivity in Egypt and delivered God's law to them. David, a lowly shepherd boy from an insignificant family, became king of Israel and received the promise that the Messiah would be come from his family line. Why would God choose such average, common, unworthy sinners to fulfill His divine purposes? It's just His way.

In the opening verses of Ephesians we read that, as followers of Christ, God chose us. Before the foundation of the world, we were chosen by Him, not because He knew there would be anything in us worthy of choosing, but because the choice was His. His choice gives us the privilege of participation in His plan. The Creator of the universe chose us to be His messengers and ambassadors to a lost and dying world. He doesn't need us, but He willingly chooses us! He actually desires us—desires us to join Him in the advance of His cause. Perhaps He chooses the insignificant and ordinary so that the world will see His supreme worthiness and value. I will never understand why He chose me, but I am forever grateful.

*More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship_with_god.page

su

do

ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

9				1	2			
4				9				1
2	5							6
	8	7		4				
	4				6			
		2			6	4		
3						5	8	
7				3			6	
	9	8					1	

Last weeks solution:

7	8	6	2	4	3	5	9	1
9	5	4	1	7	8	2	3	6
1	3	2	6	9	5	7	8	4
3	2	7	4	8	6	1	5	9
8	4	5	9	3	1	6	2	7
6	9	1	7	5	2	8	4	3
2	6	3	5	1	9	4	7	8
4	1	8	3	2	7	9	6	5
5	7	9	8	6	4	3	1	2

For tips on how to solve Sudoku puzzles, browse the forums, go to www.sudoku.com

1	2	3	4	5	6	7		
			8					
9								
10					11			
	12		13		14			
15				16				17
18				19	20			
21								
22					23			

ACROSS

1. Founding (6)
 4. Fit (6)
 9. Discomfiture (13)
 10. Right (7)
 11. Banish (5)
 12. Impediment (5)
 14. Blemish (5)
 18. Intelligence (5)
 19. Take out (7)
 21. Prosaic (13)
 22. Give (6)
 23. Make smooth (6)

DOWN

1. Rupture (6)
 2. Inferiority (13)
 3. Cherish (5)
 5. Esteem (7)
 6. Rainfall (13)
 7. Decaying (6)
 8. Offensive (5)
 13. Touch (7)
 15. Ridiculous (6)
 16. Send (5)
 17. Be present (6)
 20. Track (5)

QUICK SOLUTIONS N°: 239

Across: 1 Plain clothes; 7 Aspice; 8 Enrol; 9 Opt; 10 Antipathy; 11 War-cry; 12 Parson; 15 Religious; 17 Oaf; 18 Eaten; 19 Watch; 21 Reverberated.
 Down: 1 Prison warder; 2 Nip; 3 Locate; 4 Thespians; 5 Egret; 6 Playing field; 7 Alter; 10 Arrogance; 13 Sloth; 14 Cobweb; 16 Lithe; 20 Tor.

Crossword No. 240

Announcements

LONELY? BORED? Come and join out happy helpers and fund-raisers, 3 to 4 hours a week (or more!) Our charity shops welcome you. Every Euro raised goes to animals rescued from distress. Call Nan Richards at the Donkey Sanctuary in Estômbar for details of our work. Tel: 962 633 811.

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CASA - is a local social group established over 20 years. We are a friendly group who have a monthly newsletter and have at least one activity per month. These are usually dinners at local venues. We have an annual trip to either Spain or Portugal and various other activities. We are open to everyone. If you would like more information or a sample newsletter why not give Mary a call on 282 357 275?

BUSINESS PARTNER WANTED to invest on a Pizza and Pasta Rodizio Restaurant in Portimão. Call Giovanni Martins on 916 503 663.

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WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

TAVIRA TREASURE Charity Shop. Tavira Christian Centre. 126, Rua Almirante Cândido Reis, Tavira. Come and browse. Come and bring. Clothing, Bric-a-brac, Books. Open Wednesdays, 2.30-4.30pm or phone 281 322 857 for further details. Volunteers needed so we can open more frequently.

THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

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Entertainment

ALGARVEAN'S EXPERIMENTAL Theatre Group are active all year and need you as a member. Are you good with a needle or do you like to paint? Happy to go on stage and perform or would you prefer to assist backstage? Young or old join in the fun. Why not take a look at our website? www.thealgarveans.com Our next production will be 'Glorious' a hilarious comedy about a would-be opera singer to be staged on June at Lagoa Auditorium. Want to be part of our group? Ring Nikki on 917 776 245 or email nikki_luz@hotmail.com

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Every Saturday Morning newfrontiers 10-12am at ICC Lagos 5 to 12 year olds Food * Games * Music * Fun Competitions * Drama!! BRING A FRIEND!!!!!! Tel: 282 086804 or see icc-lagos.org for location

Mums & Tots



Tuesdays 10.00am - 12.00 Meet friends, coffee, fun, playing, puppets. ICC Church Hall, Lagos.

For further details on location of Church and Sunday services (with Kidz Klub) & other activities and available courses at International Community Church, see web site www.icc-lagos.org or call 282 697 546 or 282 086 804.

"POP-INS"

Mums and Toddlers Wednesday 9.45am to 12 midday Bring your babies and toddlers and come meet new friends in a safe and secure environment. Toys, activities, singing. Refreshments available. ICF Church Fellowship Rooms Cedipraia, Portimao For more information Tel Marina on 964 820 392

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FC Porto one step away from quadruple



FC Porto have set a healthy lead from second placed Sporting as the 'Lions' were not able to take three points against Académica last weekend. FC Porto now only need one more victory to make themselves quadruple champions of Portugal.

With a total of 63 points after 27 games, FC Porto have their eyes set on the Liga Sagres title, amid a healthy lead over second placed Sporting, who are now trailing by six points.

If Sporting were to put pressure on FC Porto's first place, a victory against Académica on Saturday night was imperative, as they went into the game four points behind the leaders.

Sadly, Sporting did not perform to their usual standards and their game play was very unimaginative, with their players not showing any hunger for a victory.

The goalless draw was a boring match throughout; Sporting dominated the midfield early on, but were unable to convert their ball possession into anything substantial.

In the second half, Académica found their form and the game levelled out, despite Sporting picking up the pace early on. With few shots on target from both sides, the game ended with a draw.

On the same night, Benfica, currently third, had their chance to close the four point gap from Sporting, especially as the 'lions' had just drawn their match.

A flood of attacks put Nacional

on their back foot initially, suggesting Benfica would grab the much needed three points, but the 'Reds' had great difficulties getting the ball past the keeper.

After a goalless first half, Nacional players must have had an inspiring speech from their manager as they came into the second half with a refreshed attitude. Nenê scored Nacional's first ten minutes into the second half with a free header, and, less than ten minutes later, Nacional doubled their lead with a good strike from Ruben Micael.

Reyes reduced the margin minutes later, thanks to a clever assist from Ruben Amorim. Benfica kept striding forward but did not manage to score, and, practically on the final whistle, Miguel Fidalgo scored on a counter attack. Benfica lost 3-1.

FC Porto are now in cruise control to take the Portuguese title as they thrashed Marítimo three nil on Sunday. Goals from Raul Meireles, Rolando and Tomás Costa justified FC Porto's position, alone at the top, as the team showed they are a class above the rest.

With three games remaining, FC Porto only need one victory to win their fourth consecutive title.



FC Porto player Raul Meireles (C) celebrates his goal against Marítimo with his team mates during their first league soccer match at Barreiros Stadium in Funchal on May 3rd. (Photo: Lusa/Homem de Gouveia)

Portimão home to World Series of Snooker Grand Final 2009



The inaugural World Series of Snooker Grand Final is heading to Portimão this weekend. What started as a dream for Pat Mooney and John Higgins has become a reality, gathering some of the best players in the world to compete in this showcase event.

Organised by FSTC Sports Management, with the backing and support of the Portuguese Tourist Board and Portimão Council, the World Series of

Snooker Grand Final is sure to make itself an important part of the snooker calendar.

This event will have a format which has been used beforehand

in China, with the first round being played as a best of seven frames with only six reds, the second round and quarter finals being a best of nine frames with ten reds. The semi finals winner will be chosen over the best of nine frames (fifteen reds) and the winner of the event will be decided over the best of eleven frames (fifteen reds).

Being held at the Portimão Arena, expect to see the world's best fighting for the first World Series of Snooker Grand Final title.

World renowned players such as John Higgins, Shaun Murphy, Stephen Maguire, Ken Doherty, Steve Davis, Graeme Dott, Mark Selby and Ding Junhui will certainly captivate the attention of snooker fans, and hopefully encourage people to take up this amazing game.

For more information on the World Series of Snooker Grand Final, please visit www.the-worldseriesofsnooker.com.

Ticket prices range from €10 to €200, depending on days and seating.

www.the-news.net

The First All Saints Tournament pronounced a triumph

The first annual golf tournament for *All Saints Anglican Church Algarve* was held amidst clear, blue skies on May Day last week.

The tournament had a staggering 76 players which included non-church and church members. They teed off at the new Vale da Pinta golf course at the Pestana Resort, Lagoa.

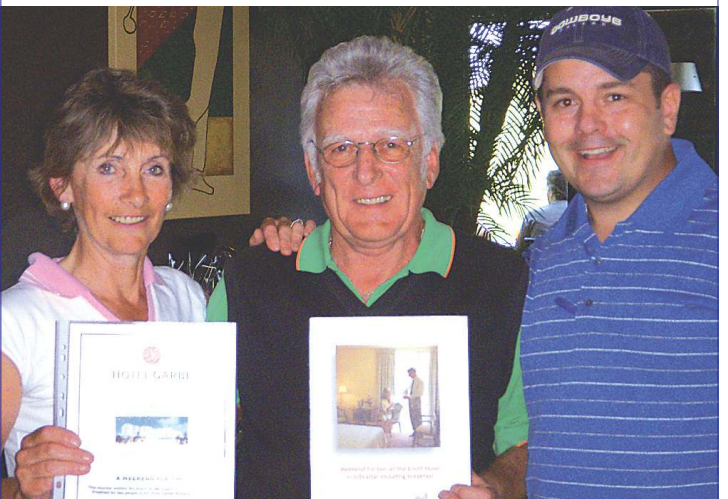
The players were delighted with the beautiful and challenging course, and the winning team even more delighted with the extravagant prizes. These included weekend get-aways at The Garbe Hotel in Armazão de Pêra, The Elliott Hotel in Gibraltar, a head-to-toe massage pro-

vided by Salão Elysium of Vilamoura and many more prizes won in the grand finale raffle.

The tournament was organized and managed by Maurice and Margaret Walton of *All Saints Anglican Church*, and they were very pleased with the overwhelmingly positive response. "When we started to plan the Golf Day early in the New Year, we hoped for a good response, and bearing in mind this is our first year, I think we are off to a flying start. On behalf of *All Saints* I should like to thank everyone who played and all the folk in the background for their support and encouragement", commented Maurice.

Fr. Joseph Wingo, Lead Priest for *All Saints* who also took part in the tournament said "This was such a good day. Being new to the Algarve, it was a great opportunity for me to meet new folks and experience what fringes so many people to this beautiful part of the world. I look forward to this becoming an established outreach event in the life of the Algarve. My thanks go to Maurice and Margaret, to Rui Gago, the management of the Vale da Pinta course and *The Portugal News* as co-sponsors for providing a truly fantastic day for all."

For more information go to: www.allsaintsalgarve.org



Prize winners Ian & Shona Callaghan with Fr. Joseph Wingo, Lead Priest at All Saints

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